## **Common Mental Health Conditions**

The three most common mental health conditions are anxiety, low mood and stress. People experience these conditions to varying degrees and in different ways. Use what you know about these conditions, and any personal experience you may have to make notes on how these conditions can affect people.

| Common condition | How it affects people mentally and emotionally | How it affects people physically |
|------------------|--|----------------------------------|
| Anxiety          |  |                                  |
| Low mood         |  |                                  |
| Stress           |  |                                  |

