**Health Bellwork 10/11 and 10/12** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which is NOT a sign of good mental health?

 A) You are realistic about your strengths and weaknesses.

 B) You engage in risky behavior.

 C) You are open-minded and flexible.

 D) You respect other people.

2. Which need is at the top of Maslow's hierarchy?

 A) Need to belong

 B) Need for self-actualization

 C) Need to feel recognized

 D) Physical need

3. Which is NOT an example of a defense mechanism?

 A) making excuses for your behavior

 B) pushing away bad feelings

 C) blaming someone else for your feelings

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