**Mental Health Bellwork 5 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. What is the most common psychosomatic response?

 A) Headache

 B) Asthma

 C) High blood pressure

 D) Weakened immune system

2. Which is a cause of psychological fatigue?

 A) Illness

 B) Drug use

 C) Depression

 D) Physical pain

3. Which is NOT true of the process of self-actualization?

 A) It is a life-long process.

 B) It requires self-discipline.

 C) It is something all teens do.

 D) It requires goals.

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