**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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