

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **MY MENTAL HEALTH MATTERS**

What stood out to you the most in LeBron James' message about mental health, and why do you think it resonated with you?

LeBron mentioned the importance of talking to people when feeling stressed. Who are some trusted individuals in your life that you can talk to about your mental health, and how can they support you?

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Why do you think mental health is often overlooked compared to physical health, and what are some ways we can change this perception in our schools and communities?

How can taking care of our mental health improve other areas of our lives, such as academic performance, relationships, and personal goals?