

## Mental Health Quick Quiz

- 1. You can fully recover from all types of mental health condition.** True. As examples; 50% of people who suffer a period of depression will not experience it again, most people suffering from Schizophrenia recover. There is no one single MH condition that we cannot recover from. Recovery is probable, not just possible. (Mind, MHFA England and the American Psychiatric Association)
- 2. Until 2013, you could not serve as an MP if you had a MH condition.** True, although interesting that Winston Churchill was relatively open about his periods of depression. This has completely changed since 2013 when the health discrimination act was signed, aligning to the Equality act meaning MH is not a barrier to work. As a positive story on how MH can be viewed, Norway re-elected their prime minister in 2001 after he had publicly announced that he needed to take time off with depression. He received thousands of supportive letters. (Mind, Time to Change Campaign)
- 3. Some studies have shown as little as 10 mins of a single bout of exercise improves mood.** True. Clearly, exercising for longer is good for your fitness but even smaller activities can lift your mood. (March 2018 Review of articles by University of Michigan)
- 4. Mindfulness training for 6-9 months can enhance wellbeing for several years.** False (trick question!), as little as 6-8 weeks can enhance wellbeing as shown in some studies. Mindfulness is a form of meditation and means being aware of our thoughts, feelings, sensations and the environment. We pay attention to those thoughts and feelings without judgement, we focus on the present rather than the past or the future.(National

Centre for Biotechnology Information and National Institute for Health  
-US)

**5. Committing an act of kindness once a week for 6 weeks raises feelings of well-being.** True, there really is no true altruistic act, it is better to give than receive! When we give time (or sometimes donations) to others this raises our own sense of wellbeing. (American Psychological Association)

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