

Comprehension Questions

Be sure to write your answers in full sentences and cite evidence from the video.



- 1 What is mental health, and how does it impact your daily life and interactions with others?



- 2 What is the limbic system, and what does it do?



- 3 What happens to your brain and body when it is stressed?



- 4 What are some positive ways to cope with stress, and why are they important to learn?



- 5 How can alcohol and marijuana negatively impact your mental health?

For more resources on the negative impacts of underage drinking and underage marijuana use, go to [AskListenLearn.org](https://www.AskListenLearn.org).

[See all lessons](#)



For more info head to [AskListenLearn.org](https://www.AskListenLearn.org)