WHAT IS IMPORTANT FOR GOOD MENTAL HEALTH?

Here are 10 statements about things that can be important for good mental health.
On the scale from 1 to 5, how correct is each statement?

		Completely wrong 1	*Slightly wrong* 2	*Neither /nor* 3	*Slightly correct* 4	*Completely correct* 5	*Don't know* ⇩
1.	Handling stressful situations in a good manner	☐	☐	☐	☐	☐	☐
2.	Believing in yourself	☐	☐	☐	☐	☐	☐
3.	Having good sleep routines	☐	☐	☐	☐	☐	☐
4.	Making decisions based on your own will	☐	☐	☐	☐	☐	☐
5.	Setting limits for your own actions	☐	☐	☐	☐	☐	☐
6.	Feeling that you belong in a community	☐	☐	☐	☐	☐	☐
7.	Mastering your own negative thoughts	☐	☐	☐	☐	☐	☐
8.	Setting limits for what is OK for you	☐	☐	☐	☐	☐	☐
9.	Feeling valuable regardless of your own accomplishments	☐	☐	☐	☐	☐	☐
10.	Experiencing school mastery	☐	☐	☐	☐	☐	☐