Health Quiz

Answer the following True or False questions

1. When you are feeling down, talking with someone may help to reduce stress or gain a different perspective of your situation.

2. Being physically active does not affect your mental health.

3. Being organised and making a list would help in figuring out your goals and clarify your problems. This may then help to manage your emotion as well.

Please submit your answers to uhc_wellness@nus.edu.sg