|  |  |  |
| --- | --- | --- |
| **INFLUENCES ON MENTAL HEALTH AND WELLBEING** | | |
| **TASK ONE:**   1. Things that affect someone’s mood: 2. Group your factors into two or three categories. What are these? 3. Which factor do you think has the biggest influence on mood? | | |
| **TASK TWO:** | | |
| TYPE OF FACTOR | DEFINITION | THINGS THAT MAY CAUSE THIS |
| Social |  | * Hg * Hg * hg |
| Environmental |  | * Hg * Hg |
| Personal |  | * Hg * Hg |
| Cultural |  | * Hg * Hg |
| **EXTENSION:** There are some overlaps in the factors outlined above. Which three factors from the final column do you think would have the biggest influence on someone’s mental health and wellbeing? Give a reason for each choice.  1.  2.  3. | | |