



MENTAL HEALTH TRIVIA

We know it can be kind of tough to find your way through the Maze. It's designed that way!

This passport will help guide wandering maze goers

find their way to the Exit!

QUESTIONS 1-5 in PHASE 1; QUESTIONS 6-10 in PHASE 2

1. One out of every ___ Canadians will experience an anxiety disorder in their lifetime?

- a. 20% (turn right)
- b. 30% (turn right)
- c. 25% (turn left)

3. What is a phobia disorder?:

- a. An intense fear, such as spiders or heights (turn left)
- b. An increase of fear of past or future events (turn right)
- c. Fear of social situations (turn right)
- d. A panic disorder (turn left)

5. What does a panic attack resemble?

- a. Heart attack (turn right)
- b. Uncontrolled breathing (turn right)
- c. Isolation (turn left)
- d. None of the above (turn left)

6. What are the three main responses to stress:

- a. Alpaca, Pig, Goat (turn left)
- b. Fright, Fight, and Food (turn right)
- c. Flight, Fight, and Freeze (turn right)
- d. Stop, Drop and Roll (turn left)

7. What rapper included the US National Suicide

Hotline phone number in his song, which led to a decline in suicides?

- a. Drake (turn right)
- b. Logic (turn left)
- c. Eminem (turn right)
- d. MC Hammer (turn left)

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2. Which of the following can help with anxiety?

- a. Exercise (turn left)
- b. Mindfulness (turn right)
- c. Breathing exercises (turn right)
- d. All of the above (turn left)

4. How many minutes of exercise a day can help with anxiety?

- a. 45 minutes (turn right)
- b. 15-30 minutes (turn right)
- c. 0 minutes (turn left)
- d. 1 hour (turn left)

8. 50% of mental health issues begin at what age?

- a. 14 (turn left)
- b. 18 (turn right)
- c. 25 (turn left)
- d. 40 (turn right)

9. What color ribbon shows support for mental health awareness?

- a. Pink (turn left)
- b. Black (turn right)
- c. Lime Green (turn left)
- d. White (turn right)

10. Experts suggest incorporating activities and practices from what 5 dimensions into your self-care routine?

- a. Physical, mental, spiritual, social, emotional (turn left)
- b. Sweets, grains, dairy, meat, healthy fats (turn right)
- c. Touch, sight, taste, smell, hearing (turn left)
- d. Anger, Disgust, Fear, Joy, Sadness (turn right)