

# QUIZ

## CORONAVIRUS AND OUR MENTAL HEALTH

1. According to the report, how does Michelle Obama feel?
  - a) fine in a difficult situation
  - b) fairly depressed
  - c) awful all the time
2. What is suggested about the US and UK studies?
  - a) They show similar trends.
  - b) There is more stress connected to covid-19 in the US.
  - c) A year ago, the picture was more optimistic.
3. Which subject does the presenter introduce at 01:22?
  - a) possible mental health solutions
  - b) the difficulty of discussing mental health
  - c) mental health research statistics
4. Which of the following does Jenifer Ashton recommend?
  - a) keep your routine if possible
  - b) meditate
  - c) both of the above
5. She thinks that ... has a negative impact.
  - a) contacting virtual help
  - b) drinking alcohol
  - c) using an exercise bike



1.	
2.	
3.	
4.	
5.	

Answers : 1.b - 2.a - 3.a - 4.c - 5.b.