

Week 4									

References

[Kaylani, B. \(2017\) The Effects of Exercise on Mental Health: A Research Review. Honors College Theses. 36](#)

[Epton, T., Currie, S & Armitage, C. \(2017\). Unique Effects of Setting Goals on Behavior Change: Systematic Review and Meta-Analysis. *Journal of Consulting and Clinical Psychology*. 85. 1182-1198.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.