* Starter #9: What do you stress about (physically/mentally emotionally/socially)? List three ways you manage your stress.
* Starter #10: Explain in 3-5 sentences what you learned about stress from the film "Stress: Portrait of a Killer"
* Starter #11: Explain the 3 stages the body goes through in response to stress. 3-5 sentences
* Starter #12: Define assertive, aggressive and passive communication AND write an example for each.
* Starter #13: Use the following terms to write a 4-6 sentence paragraph: health, values, decisions, self-esteem, stress, coping and communication.
* Starter #14: List as many mental illnesses/disorders you can think of.
* Starter #15: Refer to your worksheet last class. List 4 major mental illnesses and the best treatment for mental illness.
* Starter #16: Briefly describe the mental disorder you chose to research in 3-5 sentences.
* Starter #17: List 3 warning signs of suicide and explain QPR.