**Vocabulary Review Unit 1**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pd.: \_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chap 1 Less 1 & 2 Notes: Your Total Health and What Affects Your Health**

1. The ability to accept your-self and others, express and manage emotions, and deal with the demands and challenges you meet in life is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health is the ability to get along with others.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health is about how well your body functions.
4. An overall state of well-being is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. List the 5 things that can affect your health: Heredity, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, attitude, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and media/technology.

**Chap 3 Less 1 Notes: Developing Your Self-Esteem**

1. List Maslow’s Hierarchy of Needs starting from the bottom level: Physical, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Feeling Recognized and Reaching Potential.

**Chap 3 Less 3 Expressing Emotions in Healthful Ways**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the intentional use of unfriendly or offensive behavior.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the ability to imagine and understand how someone else feels

**Chap 4 Less 1 Notes: Understanding Stress**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the reaction of the body and mind to everyday challenges and demands.
2. Anything that causes stress is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The act of becoming aware through your senses is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage prepares your body to either defend itself or flee from threat.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage allows the body to perform at a higher level and with more endurance.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage is when you start to feel tired and lose ability to handle other stressors.
7. Effects of prolonged stress: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, weakened \_\_\_\_\_\_\_\_\_\_\_\_ system, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disorders, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ blood pressure.
8. Eustress = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stress and distress = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stress
9. Relaxation techniques: progressive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ relaxation, laughter, exercise, listening to music, etc.

**Chap 4 Less 3 Coping with Loss and Grief**

1. Stages of grief: a variety of reactions that may surface as an individual makes sense of how a loss affects him or her. \_\_\_\_\_\_\_\_\_\_\_\_\_, emotional release, anger, bargaining, depression, remorse, acceptance, hope
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:dealing successfully with difficult changes in your life
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ event: an event that has a stressful impact sufficient to overwhelm your normal coping strategies

**Teens and Decision Making Article**

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the brain area important for thinking ahead and sizing up risk and reward.
2. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the brain system that plays a central role in emotional responses.
3. Brain development continues through a person’s early \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before thinking something through happens more often in teens than adults.

**Self-Talk and Positive Thinking**

1. When you automatically anticipate the worst, this is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ happens when you magnify the negative aspects of a situation and filter out the positive ones.
3. Benefits of positive self-talk and thinking: Increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ span, lower rates of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ levels of distress.

**Interpersonal Communication Packet**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ communication is the exchange of thoughts, feelings and beliefs between two or more people.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_communication is overly forceful, pushy or hostile.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ communication is unwilling or unable to express thoughts or feelings in a firm or direct manner.
4. Using “I” messages is an example of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ communication which is being able to express your views clearly and respectfully.
5. Active listening skills includes head nods, facial \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ speaker statements.

**Decision Making and Goal Setting**

1. Steps of the decision making process: 1. State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 2. List \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 3. Weigh \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 4. Consider values, 5. Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and act, 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ decision.
2. What does SMART stand for? S=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. M=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, A=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ oriented, R=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, T=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.