**Unit 1 Health and Wellness** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Study Guide** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6th Grade** Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The combination of physical, mental/emotional, and social wellbeing is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. The overall state of well-being or total health is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. The choices a person makes are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gives a clear and accurate view of your own health triangle.

**Write physical, mental/emotional, or social in the blank of each statement.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I have at least one close friend.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I see a doctor or dentist for regular visits.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I feel that people generally like and accept me
4. When a person wants to keep something from happening they practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is involved with any decision that could result in harm or loss.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are beliefs you feel strongly about that help guide the way you live.
7. The clear exchange of ideas and information is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Health relates to the way you feel about yourself.
9. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a pattern of behavior that you follow almost without thinking.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help you say no in an effective way without feeling uncomfortable.
11. The achievement of a high level of overall health is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. When communicating with another person you would use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to say no to others.
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are influences that affect a person’s behavior.
14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the addition of one risk factor to another, increasing the chance of harm or loss.
15. A goal that you plan to accomplish over a short period of time is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
16. A goal you plan on taking months or years to accomplish is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means keeping something from happening.
18. Name three characteristics of Physical Health.

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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name three characteristics of Mental Health.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Name three characteristics of Social Health.

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1. What are four health skills that affect the different side of the health triangle?

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1. Name 3 places I can access information

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1. What are the 6 steps in the decision making process?

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1. What is the H.E.L.P. criteria?

H - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

L - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

P - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the three things you need to keep in mind when choosing a goal?

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1. Name the 5 steps to the goal setting process.

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