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

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

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

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

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

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

\_\_\_\_**GET ENOUGH REST**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_**GET REGULAR PHYSICAL ACTIVITY**\_\_\_\_\_\_\_

\_\_\_\_**EAT NUTRITIOUS FOOD**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name three characteristics of Mental Health.

\_\_\_\_**TAKE TIME TO STUDY AND THINK**\_\_\_\_\_\_\_\_

\_\_\_\_**EXPRESS FEELINGS IN HEALTHY WAYS**\_\_\_\_

\_\_\_\_**MANAGE STRESS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name three characteristics of Social Health.

\_\_\_\_**SPEND TIME WITH FAMILY AND FRIENDS**\_\_

\_\_\_\_**LEARN TO DISAGREE WITHOUT ARGUING**\_\_

\_\_\_\_**HAVING ONE CLOSE FRIEND**\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_**ACCESSING INFORMATION**\_\_\_ **DECISION MAKING AND GOAL SETTING**

\_\_\_**TAKING CARE OF YOURSELF**\_\_\_\_\_ **ADVOCACY**

\_\_\_**ANALYZING INFORMATION\_\_\_**\_\_ **REFUSAL SKILLS**

\_\_\_**COMMUNICATING WITH OTHERS**\_ **STRESS MANAGEMENT**

1. Name 3 places I can access information

\_\_**KNOWLEDGEABLE ADULTS**\_\_\_\_\_\_ **INTERNET**

\_\_**LIBRARY**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **COMMUNITY RESOURCES**

\_\_**MASS MEDIA**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**STATE THE SITUATION**\_\_\_\_\_\_\_\_\_

**LIST ALL THE OPTIONS**\_\_\_\_\_\_\_\_\_

**WEIGH THE POSSIBLE OUTCOMES**\_

**CONSIDER OUR VALUES**\_\_\_\_\_\_\_\_\_

**MAKE A DECISION AND ACT**\_\_\_\_\_\_

**EVALUATE THE DECISION**\_\_\_\_\_\_\_\_

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

H - \_\_**HEALTHFUL**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E - \_\_\_**ETHICAL**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

L - \_\_\_**LEGAL**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

P - \_\_\_**PARENT APPROVAL**\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_**YOUR NEEDS**\_\_\_\_\_\_\_\_\_\_\_

\_\_\_**YOUR INTERESTS**\_\_\_\_\_\_\_\_

\_\_\_**IT SHOULD BE REALISTIC**\_\_

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

\_\_**MAKE A SPECIFIC GOAL AND WRITE IT DOWN**\_\_\_\_\_\_\_\_

\_\_**LIST THE STEPS TO REACH THE GOAL**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_**GET HELP FROM OTHERS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_**MAKE CHECKPOINTS TO EVALUATE YOUR PROGRESS**\_\_

\_\_**REWARD YOURSELF**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_