

Describe the components that make up your overall health.

Your overall health is a combination of your physical, mental/emotional, and social well-being.

Explain the importance of social health in maintaining overall well-being.

Making and keeping friends is one way to care for your social health, which is an important aspect of overall well-being.

Define what is meant by mental/emotional health.

Mental/emotional health refers to your psychological well-being, including how you think, feel, and cope with life's challenges.

How does physical health contribute to overall health?

Physical health contributes to overall health by affecting your ability to perform daily activities, engage in social interactions, and maintain mental well-being.

Identify a way to improve social health.

One way to improve social health is by making and maintaining friendships.

What is the relationship between mental/emotional health and social health?

Mental/emotional health and social health are interconnected; positive social interactions can enhance mental well-being.

Discuss the role of self-management in health.

Self-management involves taking responsibility for your own health and well-being, including making informed choices and setting personal health goals.

Illustrate the concept of a long-term health goal.

A long-term health goal is a specific objective you aim to achieve over an extended period, such as improving fitness or managing a chronic condition.

Explain the significance of an action plan in health management.

An action plan outlines the steps you will take to achieve your health goals, helping to keep you focused and accountable.

Describe the factors that influence an individual.

An individual is influenced by internal influences and external ones, including their culture, environment, and the laws of their community.

Define communication skills in the context of expressing ideas.

Communication skills involve expressing your ideas and feelings while also listening to others when they express theirs.

Explain a step in the Decision Making model.

A step in the Decision Making model includes listing options, considering possible outcomes, and considering your values.

Do you know what external influences are?

External influences are factors outside of an individual, such as culture, environment, and community laws, that affect their decisions and behaviors.

How do communication skills impact interpersonal relationships?

Communication skills impact interpersonal relationships by enabling individuals to express their thoughts and feelings clearly and to listen effectively to others.

List some components of the Decision Making model.

Components of the Decision Making model include listing options, considering possible outcomes, and considering your values.

What role does culture play in influencing an individual?

Culture plays a significant role in shaping an individual's beliefs, values, and behaviors, influencing their decisions and interactions.

Identify the importance of listening in communication skills.

Listening is crucial in communication skills as it allows individuals to understand others' perspectives and fosters effective dialogue.

Describe the importance of setting goals in decision-making.

Setting goals, or aims, helps individuals make better decisions by providing direction and clarity.

Explain the concept of self-concept and its impact on health.

Self-concept refers to having a clear and realistic view of oneself, which is essential for understanding what one needs to do to maintain overall health.

Define self-esteem and its significance in personal wellness.

Self-esteem is the ability to like and respect oneself, playing a crucial role in overall wellness and mental health.

How does having a clear self-concept contribute to health maintenance?	A clear self-concept allows individuals to identify their needs and take appropriate actions to maintain their overall health.
What role do goals play in personal decision-making?	Goals provide a framework for making informed decisions, guiding individuals towards desired outcomes.
Discuss the relationship between self-esteem and overall wellness.	Self-esteem influences how individuals perceive themselves, which can affect their mental health and overall wellness.
Identify the components of the health triangle.	The health triangle includes physical, mental, and social health, which together contribute to overall well-being.
Define the term that refers to showing concern for yourself or for others.	Caring

Explain how you can express your emotions in a healthy way.

By creating something.

Describe the concept that involves bouncing back from difficulties to boost your self-concept.

Resiliency.

Identify a factor that can help improve your self-concept.

Good friendships.

What is the relationship between self-esteem and caring for others?

Caring for others can enhance self-esteem.

How can joining a gang affect your emotional expression?

It may lead to unhealthy emotional expression.

Discuss the importance of honesty in building self-concept.

Honesty fosters trust and self-acceptance.

What role does creating something play in emotional health?

It provides a constructive outlet for emotions.

Describe the influence that encourages individuals to conform to the behaviors and beliefs of their peers.

Peer pressure is the influence someone feels to go along with the behavior and beliefs of people of his or her age group.

Explain the process of sharing thoughts or feelings between individuals.

Communication is the sharing of thoughts or feelings between two or more people.

Define the term used for methods that help individuals say no.

Refusal skills are methods for saying no.

Do peer pressure and communication play a role in social interactions?

Yes, peer pressure influences behavior among age groups, while communication facilitates the sharing of thoughts and feelings.

How can refusal skills be beneficial in social situations?

Refusal skills can help individuals assert themselves and resist peer pressure.

Identify a form of communication that does not involve spoken words.

Body language is a form of communication that does not involve spoken words.

What is the significance of empathy in communication?

Empathy allows individuals to understand and share the feelings of others, enhancing communication.

List some examples of refusal skills.

Examples of refusal skills include saying no firmly, suggesting alternatives, and walking away from pressure.