Unit 1:

Health is a state of well-being in which all \_\_\_\_\_\_ components are in balance.

What are those components?

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- -

What are 3 health risk factors?

What was the leading cause of death in the 1800-1900s? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the leading cause of death (overall) today? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are 3 things to do to prevent early death (stay healthy longer)?

1.

2.

3.

What are 2 benefits of high self-esteem and 2 risks of low self-esteem?

Benefits –

Risks –

Provide 2 specific reasons why good communication is important.

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Briefly describe each of the communication “styles” listed below:

Passive –

Aggressive –

Assertive –

Which of the 3 (from above) is most effective in communicating? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Define EMPATHY –

The most common aspect of nonverbal communication is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

List 2 effective communication skills:

1.

2.

List 2 barriers to effective communication:

1.

2.

What are 2 tips for parents to help promote good sportsmanship?

1.

2.

What are 3 places/events where someone may see or use sportsmanship?

1.

2.

3.

Define STRESS –

What is the term for “positive stress”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the term for “negative stress”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Define STRESSOR –

Define DEPRESSION –

What are 3 changes that occur within the body when experiencing fight-or-flight response?

1.

2.

3.

What are the 3 stages of stress? (List in order.)

1.

2.

3.

Long-term stress can weaken you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system, which defends against infection.

List 4 examples of stress-related diseases and disorders (results of long-term stress):

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Stress Management: Provide 3 effective/healthy ways of managing stress:

1.

2.

3.

MENTAL HEALTH -

Who believed in the “hierarchy of needs”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List 3 of the needs from the pyramid:
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**Maslow** believed few people would ever become truly self-actualized, except he believed that

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was. (Choose one person.)

**Sigmund Freud** – Believe that a person is who they are as an adult because of things they experienced as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Eric Erikson** – Believed a person’s personality develops \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ and not solely based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ experiences.

What are the 3 factors that are believed to contribute to mental disorders?

1.

2.

3.

**Briefly describe the following mental disorders**:

Anxiety Disorders –

Panic Disorders –

Phobias –

OCD (Obsessive Compulsive Disorder) -
 Obsessions =
 Compulsions =

PTSD – Post Traumatic Stress Disorder –

Schizophrenia –

 Delusion of Grandeur:

 Delusion of Persecution:

 Hallucination:

Bipolar Disorder –

What are 3 treatment options for mental disorders?

1.

2.

3.

What is the difference between a psychologist, psychiatrist, and a social worker?

Define EATING DISORDER –

BULIMIA –

ANOREXIA NERVOSA –

BINGE EATING DISORDER –

DISTORTED BODY IMAGE –

What are 4 warning signs that someone may be struggling with an eating disorder?

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How do eating disorders arise? Why do many people place blame on the media?

What are 3 common “initial causes” or “triggers”?

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-

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What are 2 forms of treatment available for eating disorders?

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List 2 characteristics of a healthy relationship:

1.

2.

List 2 characteristics of an unhealthy relationship:

1.

2.

What are 3 common causes of family stress that were discussed in class?

1.

2.

3.

Choose one of the causes that you listed above and explain or describe how it affects a family.

CHANGING FAMILIES:

**Mid-1800s** – Both parents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

They shared in farming, work, and raising the children

**Industrial Revolution** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_ started going to work in factories; most

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stayed home and raised the children/.

**Today** – Often, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ parents go to work.

PARENTING STYLES: Briefly describe characteristics of each of the following:

AUTHORITARIAN -

AUTHORITATIVE –

PERMISSIVE –

UNINVOLVED -