

Notes to Follow  
Chapter 1

1. Your physical, emotional, mental and social well-being make up your \_\_\_\_\_.
2. To help you maintain your physical health,
  - A. avoid drugs, alcohol, and tobacco.
  - B. eat a balanced diet.
  - C. exercise.
  - D. all of the above

3. What is physical health?

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4. How you handle your feelings and emotions is called \_\_\_\_\_.

5. List three ways you can maintain your emotional health.

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6. What is mental health?

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7. You will NOT maintain your social health if you
  - A. are dependable.
  - B. ask for help when needed.
  - C. do whatever your friends do.
  - D. show respect to others.

8. What is social health?

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9. Wellness is

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10. Your \_\_\_\_\_ is a set of behaviors that you choose.

11. Give an example of a lifestyle choice that has long-term effects.

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12. A healthy attitude may influence your life, but it will NOT

- A. give you confidence.
- B. get you perfect scores on all your tests.
- C. help you say no to drugs, tobacco, and alcohol.
- D. give you strength to stand up to negative influences.

13. The way you think, act, or feel that causes you to make one choice over another is called\_\_\_\_\_.

14. What three things can help you make positive health changes?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

15. Who is the primary person in charge of your health?

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