Unit 1: Taking Charge of Your Health Review

Define chronic stress –

What are some ways to avoid/limit stress?

Name ways to handle stress –

What are values?

Name some examples of values and explain how you decided what values you think are important?

How do values influence your decision making? Give an example.

What are three types of relationships we talked about?

What relationship is your provider and lover?

What parts of the health triangle does your family improve?

What relationships are not easy? Why?

Explain community relationships.

What are the three C’s to healthy relationships?

What is important about communication? Cooperation? Compromise?

What is passive communication? Aggressive? Assertive?

Define a bully.

Define the two types of onlookers –

What are some things bullies do?

How can we stop bullying?

What is the negotiation process?

What is your main goal in negotiation?