

Health Final Review

Final Date: _____

Wellness and Stress:

- 1) Define Wellness, Health and 5 Components of wellness/Health
- 2) Define stressor, Eustress and Distress, acute and chronic (examples)
- 3) Three stages of stress
- 4) Three factors that affect your health
- 5) 5 steps of a responsible decision making process
- 6) Bullying – why does someone bully and why are some people victims

Mental Health:

- 1) Define Harassment(identify types), and threat
- 2) Define and recognize difference between Anorexia, bulimia, and Body Dysmorphia
- 3) How to talk to someone who may be suffering from an eating disorder.
- 4) Types of Depression. Provide examples of each type
- 5) Suicide – warning signs, what can you do to help yourself or someone

Substance Abuse:

Define the following...

Addiction	Illegal drug	Withdrawal	Stimulant	Abuse
Hallucinogens	Dependent	Tolerance	Narcotics	Dependents
LSD	Painkillers	Heroin	Ritalin	Crystal Meth
Inhalants	Cocaine	Prescription Drugs		Crack Cocaine

Binge Drinking – Define and explain some possible consequences

Nutrition:

Define the following...

Cholesterol	Fiber	Nutrition	Glucose	Unsaturated Fats
Nutrients	Appetite	Glycogen	Dehydration	Saturated Fats
Pure Vegetarian	RDA	LDL	HDL	

Sexuality:

- 1) STD facts about signs, symptoms and treatments.
- 2) Birth Control – most effective to prevent pregnancy and STD's
- 3) Most common STD in America
- 4) What are some things you should discuss with a partner before deciding to have sex?