

Name: \_\_\_\_\_

Class: \_\_\_\_\_

### Components of Health Super Sleuth Review

|   |   |   |
|---|---|---|
| <p>1. List <b>four</b> responses your <b>body</b> has to stress. (No control)</p> | <p>2. Give <b>three</b> recommendations for improving self-esteem.</p>              | <p>3. What can we do to improve our communication skills?</p>                   |
| <p>4. Self-Concept is .....</p> <p>Self-Esteem is .....</p>                       | <p>5. Name/Explain the <b>three</b> components of health. (Health Triangle)</p>     | <p>6. Give <b>three</b> recommendations for preventing/resolving conflicts.</p> |
| <p>7. Explain the difference between positive and negative stress.</p>            | <p>8. Decision Making 101</p> <p>STOP - THINK - ACT<br/>(Think traffic signal.)</p> | <p>9. Name the <b>THREE</b> parts of the communication process.</p>             |
| <p>10. Name <b>four</b> healthy ways to manage stress.</p>                        | <p>11. Name/Explain the six steps of the decision making process.</p>               | <p>12. What is a compromise? Give an example.</p>                               |

