

6th Grade Planning for a Healthy Lifetime Study Guide

The Health Triangle

Ways to care for your Physical Health:

- ✓ Get regular exercise.
- ✓ Eat a well-balanced diet.
- ✓ Maintain your ideal weight.
- ✓ Avoid tobacco, alcohol, and drugs.

Ways to care for your Mental/Emotional Health:

- ✓ Accept yourself and like who you are.
- ✓ Strive to learn new information.
- ✓ Learn how to handle stress.
- ✓ Express your feelings in a healthy way.

Ways to care for your Social Health:

- ✓ Get along with family members.
- ✓ Making and keeping friends.
- ✓ Disagree with others without fighting.
- ✓ Give and get support when it is needed.

Your Self-Concept

Self-concept is the view you have of yourself. It is also called self-image.

Self-esteem is your ability to like, respect, and have confidence in yourself.

Managing Stress

Stress is your body's response to the changes around you.

Distress = Negative stress.

Stressors are the places, people, and events that trigger stress.

Adrenaline is a hormone that prepares the body to respond to stress. It gives you a "boost" of energy.

- ✓ Study the stress chart we completed in class.

Communication

Communication is the exchange of thoughts and feelings between two or more people.

The Communication Process:

Sender/Speaker

Message/Purpose

Receiver/Listener

Rules for Effective Communication:

Speaking Skills:

Think before you speak

Be honest

Don't do all the talking

Be aware of your listener

Listening Skills:

Keep an open mind

Try not to interrupt

Concentrate

Ask questions

Resolving Conflict

Conflict is a problem/disagreement between two or more people.

Tolerance is the ability to accept other people as they are.

Compromise is when each person gives up something to reach a solution that satisfies everyone.

(Give and take or win-win situation.)

Study the reteaching worksheet on conflict resolution.