Notes: Building Health Skills (pg 26-30, 216-217, 198-202)

Vocab: Stress

Stress Management

 Interpersonal Communication (assertive, passive, aggressive)

 Conflict Resolution

Access Information (3 places you can access information)

1.

Ways to Manage Stress (198-202)

1.

Negative stress is called \_\_\_\_\_\_\_\_\_\_\_\_ and it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Positive stress is called \_\_\_\_\_\_\_\_\_\_\_\_\_and it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stress Response (pg 198-202)

1.

Causes of Conflict (pg244)

1.
2.