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)



Ways to Manage Stress (198-202)



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

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

Stress Response (pg 198-202)



Causes of Conflict (pg244)