**TEST 1- REVIEW**

**Go through your assignments and study the following terms. Highlight the term yellow after your study it.**

**DISTRESS MENTAL HEALTH SUICIDE**

**WELLNESS PHYSICAL HEALTH DEPRESSION**

**HEALTH REFUSAL SKILLS**

**ENVIRONMENT CONFLICT RESOLUTION**

**DECISION MAKING INTERPERSONAL COMMUNICATION**

**STRESS STRESSORS**

**EUSTRESS GOAL SETTING PLAN**

**HEREDITY SOCIAL HEALTH**

1. **What are three examples of physical health?**
2. **What are three examples of mental health?**
3. **What are three examples of social health?**
4. **What are the three types of communication?**
5. **What are the two ways your body reacts to stress?**

1. **What is the name of the hormone that is released into the body when the body undergoes stress?**
2. **What three things make up your environment?**
3. **What does H.E.L.P stand for?**
4. **Who are sources of help if someone is showing signs of hurting him or herself?**