

Name _____

Date of Test _____

Health Study Guide A-1

1. Crying, keeping a private journal, and talking to your parent or guardian are healthful ways of expressing grief.
2. Risk behavior is an action that can be harmful to you and others.
3. Earning money to go to the movies next week is an example of a short-term goal.
4. Self-concept is what you think about yourself.
5. Replacing negative thoughts and feelings with positive ones helps to build your self-concept.
6. A health goal is something you work toward to help you become a healthier person.
7. The first step to making a responsible decision is to identify your choices.
8. Grief is the discomfort a person feels after a loss.
9. Trying a risk behavior to beat boredom is an example of a wrong decision.
10. A person who takes ownership for his or her actions is responsible.
11. Your personality includes your thoughts, actions, and feelings.
12. Resistance skills are ways to say "no" to risk behaviors.
13. A self-statement is a reminder to yourself as to what you should do.
14. The first step to managing stress is to know the signs of stress.
15. Your character contains the qualities that make you different
16. Being bored is feeling restless and not knowing what to do.
17. Your attitude is the way you think, act, and feel.
18. Stress is the response to any demand on your mind and body.