

Name: _____ Date: _____ Period: _____

Chapter 1: Understanding Health & Wellness

T P P T Z Q U W Y G Q F C B F M V D N B P M B P
S L L I K S N O I T U L O S E R T C I L F N O C
V D O S S I B V G R D S V J X H G F F W Z E B W
Z I G B O L C U M U L A T I V E R I S K K M Y O
C Q D M Y C L V L U W Q D Y Z T C I L F N O C R
N N Y J T Z W I G T E N V I R O N M E N T P G V
Q G Z O T D S P K T P O Z D Q J J T K Z D C Y T
K I E U O E S E F S X A P P Z V J B Q L W Z H K
R E L I A B L E H X L R R B V T L I N E Y J A S
X V K M X F X A V E A A Y I V S H N L F S C B A
L K S C F Q G P M T A L S G S P D L X S T J S A
F A S S E F G B T C R L I U X K N T Q H R L T D
Q X J E E T N Y V B D A T S F E S N I R E J I V
E U E Q U F A J I O K O Z H S E O M P K S K N O
V X M V M N W U N F K N O S K U R Z Q V S F E C
U A M Q A Q E G L C N O I T N E V E R P D M N A
H G L C U L T U R A L B A C K G R O U N D S C C
P L I B D J G D Z A V T Q Q Y R J K J Q O R E Y
O J H T Z Y R I S K B E H A V I O R S F T K Z Z
P N X V X G M A V Q D D B I N B Y T I D E R E H
V Y H G N C K U T N E M E G A N A M S S E R T S
P D S T O M Z P S V E H V Y O I R Z Q G P T N G
Q N O I T C E N N O C Y D O B D N I M U S S R Y
A L I O D S Z T D V G R C O N S E Q U E N C E S

CONFLICT RESOLUTION SKILLS

STRESS MANAGEMENT

RISK BEHAVIORS

PREVENTION

CONFLICT

HEREDITY

HEALTH

MIND BODY CONNECTION

CUMULATIVE RISK

CONSEQUENCES

ABSTINENCE

RELIABLE

WELLNESS

RISK

CULTURAL BACKGROUND

REFUSAL SKILLS

ENVIRONMENT

ADVOCACY

EVALUATE

STRESS