

Name: _____

Date: _____

Unit 1 Understanding Health and Wellness

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

decision making skills
cumulative risks
risk behaviors
action plan
prevention
heredity
stress

conflict resolution
spiritual health
interpersonal
environment
technology
wellness
goals

stress management
chronic disease
health skills
short term
long term
culture

lifestyle factors
refusal skills
mental health
abstinence
advocacy
values