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POSITIVE AFFIRMATIONS

MANIFEST YOUR DREAMS - VISUALIZE

Worksheet: Positive Affirmations & Manifesting your Dreams

“Don't knock it 'til you try it”

In this worksheet, please write down something you DESIRE the most in the world

Write it **10 times a day** - until you have manifested it.

10 horizontal lines for writing, each preceded by a small purple icon of a person meditating.

WaterFastingForum.com [/FastForwardtoHealth](https://www.youtube.com/channel/UC...) [@ypiyale](https://www.instagram.com/ypiyale) fastforwardtohealth@gmail.com

9 Essential CBT techniques and Tools



Journaling
Gathering data about your moods, their source / intensity, and your responses to them.



Unraveling cognitive distortions
Become aware of the distortions you are likely to be vulnerable of.



Cognitive restructuring
Challenge your harmful or destructive beliefs and restructure them.



Exposure and response prevention
Expose yourself to whatever it is that normally provokes a compulsive behavior.



Interoceptive exposure
Expose yourself to sensations you are afraid of and recognize they are not dangerous.



Nightmare exposure and rescripting
Identify the emotion caused by a nightmare and cultivate a new emotion to replace it.



Play the script until the end
Finish a worst case scenario in your head to see that everything will likely turn out okay.



Progressive muscle relaxation
Relax one muscle group at a time until your whole body is in a state of relaxation.



Relaxed breathing
Bring regularity and calm to your breath and create a sense of balance.

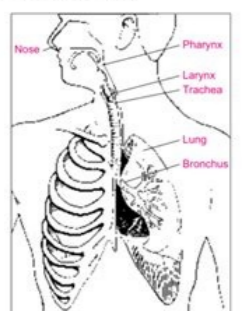
Chapter 37: Circulatory and Respiratory Systems (continued)

Section 37-3 The Respiratory System (pages 76-82)

What is Respiration? (page 76)
 1. The process by which oxygen and carbon dioxide are exchanged between the lungs and the environment is known as respiration.

The Human Respiratory System (pages 76-82)
 2. What is the basic function performed by the human respiratory system? It brings about the exchange of oxygen and carbon dioxide.

3. Label each of the following structures in the drawing of the human respiratory system: nose, pharynx, larynx, trachea, bronchi, and lungs.




4. Circle the letter of the choice that best fits the respiratory structure from largest to smallest.
 a. Alveoli, bronchioles, bronchi c. Bronchi, bronchioles, alveoli
 b. Bronchioles, bronchi, alveoli d. Bronchi, alveoli, bronchioles

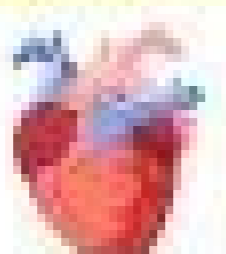
5. What prevents food from entering your trachea? A flap of cartilage called the epiglottis.

Human Body - KIDS

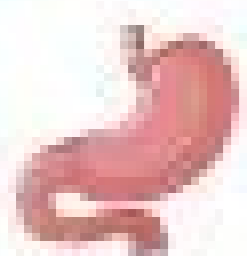
Check the correct words to complete the sentences below:

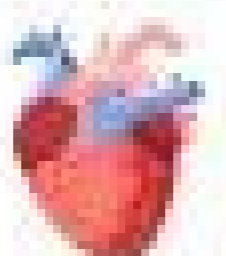
1. The _____ is the control center for our body.


 brain

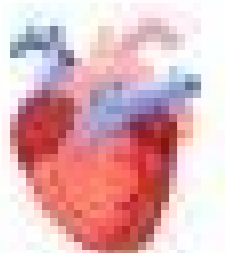

 heart

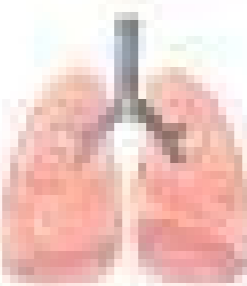
2. The _____ pumps blood around the body.


 stomach

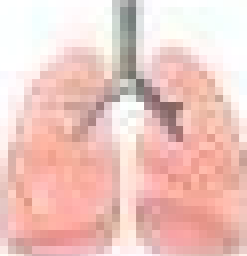

 heart


3. We use our _____ to breathe.


 heart


 lungs

4. We need our _____ to digest food.


 lungs


 stomach

ANGER LADDER CHART

The different levels of anger

	Feeling	How it feels
🪄		
	Furious	<p>Mind: My mind is completely angry. I need to express it! I may say or do something that can hurt myself or others.</p> <p>Body: My entire body feels hot. I may yell, scream, cry or use my body to express my anger.</p>
	Angry	<p>Mind: I feel very uncomfortable, like it is painful. It is hard to think clearly. I want to express how I feel.</p> <p>Body: My heart is beating fast. My jaw is tense and my fist are clenched.</p>
	Frustrated	<p>Mind: I am not getting what I want. I feel uncomfortable. If I am trying to do something, I feel like giving up.</p> <p>Body: My face and body is getting hot. My body shows I am frustrated.</p>
	Upset	<p>Mind: I am really not happy about something. I may also feel disappointed and sad.</p> <p>Body: My face and tone shows I am upset. My body is no longer calm.</p>
	Annoyed	<p>Mind: Something is bothering me. I can become more angry if it doesn't stop.</p> <p>Body: My face feels warm, my tone has changed.</p>
	Calm	I feel calm and relaxed.

Dimensions of health diagram. Dimensions of health questions.

Recognize why relationships matter and apply this knowledge to your personal relationships. There are many stretching exercises that you can do, but Yoga is actually an exercise that involves almost nothing but stretching. In the middle of the page, draw a line down the center, making two columns. Practice Stress-Management Techniques Abstain from using drugs, alcohol, and tobacco. Create dates and times for each other. SECTION 1 Understanding Social Skills What is Social Health? Identify goals and write them down 2. Are you mad? Laughing at someone who is trying to appear cool in front of you will undermine their confidence, and expose them for the peer-pressuring student they really are. Essentially, self-esteem is the self respect that you have for yourself; it is your confidence in yourself and your worth. Take your time 13.Be content Think about how taking these steps can improve your spiritual health. Weekly D. Effects of alcohol on the body include: high blood pressure, poisoning, heart and/or respiratory failure, depressed immune system, cancer and weight gain. 1. Let's explore further how each food group helps your body. The using of harmful drugs however will ALMOST always lead to immediate life-threatening health problems such as heart attack, respiratory failure, and comas. Joke. The first thing you want to do when faced with a personal challenge is not to start pointing fingers at others. Next time you notice someone not using one of these skills, you will remember this message, and hopefully bring the attention to them that the behavior needs to change. Overanalyzing: When you think too much about a situation or event that occurred, you will start to judge everything and everyone. There are many ways to tell someone both show and tell someone that you do not want to participate in a certain behavior. Stretching involves the extension of your muscles to increase flexibility. Change: You will have to deal with changes in life all the time. Surround yourself with people who treat you as you would treat someone else. HEALTHY EMOTIONS UNHEALTHY EMOTIONS 4. Did you tell anyone about your feelings? Bone Strengthening Exercises are weight bearing activities that benefit your bones in a way that improves not just the overall strength, but also helps provide the framework for increased bone density later in life. You can find a practice video on the next page, this may be better to do when you are in a relaxed environment such as at home. CHAPTER 4 Social Health • Understanding Social Skills • Relationships 26. 29-30. Take responsibility for yourself 2. Talk about your feelings. The amount of food the FDA recommends B. When the pathogen gets into the body and infects the cells, the body must activate the immune system to fight off the disease. These would be things you could confidently do in front of your friends. Get plenty of exercise. Therefore, as we practice mindfulness the brain will choose to be in the state of mindfulness more frequently. Learn how to keep a positive attitude and calm outlook • Mindfulness meditation • Buddhist meditation How do I meditate? If they want you to try something, tell them to do it first. Keep in mind that someone who has a low self-esteem will try to undermine your self-esteem. 3. SECTION 2 Relationships Why Do Relationships Matter? DEALING WITH STRESS Three basic approaches to dealing with stress: 1. Just Say NO. 4. Identify ways to learn new things and be creative 2. Be able to make better decisions regarding their health. Q: What is the difference between WATER Serving Size and Portion Size? Ways to improve spiritual relationships 2. Creativity gives power to your thinking. Identify symptoms of depression and be able to act. SECTION 3 Accepting Challenges LEARNING OBJECTIVES 1. "The U.S. Department of Health and Human Services guidelines recommend at least 60 minutes of physical activity for kids and teens on most days of the week." Examples of Cardio/ Aerobic exercise include running, swimming, and riding a bike. It is a way to exercise your creativity and ability to think critically. Identify and practice solutions in dealing with emotions. Increase your knowledge base by watching television Check Answer 17-18. Identify food groups and serving sizes. Talk to a parent or a teacher about how you are feeling, or how the other person is acting. However, there does not NEED to be physical or sexual attraction present for it to be considered romantic. Teens who regularly perform bone strengthening exercises can help prevent diseases such as osteoporosis and deterioration of bone later in life. SECTION 4 Taking Precautions for Illness WHY DO PEOPLE GET SICK? 20-21. 28-29. The more you blame others with the challenges you are faced with, the more you will make people dislike you and not want to be around

ou. SECTION 2 Understanding Feelings FEELING EMOTIONAL It is a way to tell your story and what is important, so you'll recall things more easily in the future. Sources 2. The Following Examples Are The Different Interactions You May Have Daily - Friends - Family - Teachers - Bus driver - Strangers on the street - The mailman - The boy at the coffee shop L EARNING O BJECTIVES 1. In this type of relationship, love, physical and sexual attraction, and trust are very important in developing a good, healthy relationship. Stress is the result of the emotional and physical wear and tear that we subject our bodies to on a daily basis as our environment changes. Your Self-Esteem and the Self-Esteem of Others Practices that can boost self-esteem (just to name a few) include: Exercising Maintaining your appearance (hair, skin, nails, dress) Have a support group (friends) Take care of that support group (relationships) Give and receive affection (parents, boyfriend/girlfriend) • Abstain from harmful substances • Don't Gossip (Treat others the way you would want to be treated) • • • • Simple Enough: Be a good friend, so that friends will want to be good friends in return. 3 4. Yoga D. You can trust these people, and there is an aspect of mutual respect. Sleep in daily C. SECTION 1 Setting Goals LEARNING OBJECTIVES 1. Meditation can be very hard for some people because it is essentially shutting off your mind. Change Your Thinking. Tobacco's Effects on the Body - Smoking can cause tar to develop in the lungs, which can eventually lead to emphysema, it causes arterial walls to harden which can lead to a heart attack, and it also causes lung cancer. Feeling of achievement Allow yourself to see what you want to do and create realistic ways of achieving that. Social health encompasses all of the interactions that you have with other people on a daily basis. Nor does it ever have to leave you, in any relational context, if you don't want it to. If you or one of your friends seems to be depressed, talk to them. Think about how you are feeling today. Write Clearly C. The reward that follows your achievement will help in all other dimensions of health as well as create motivation to make more goals. Identify good practices that improve self esteem. Examples of bone strengthening exercises include hopping, skipping, jumping, and running. Types of Relationships There are many different kinds of relationships, but here are the basic four that you may have experienced already, or will experience eventually as you mature into adults. I'm Feeling Stressed, What Does That Mean? Be able to recognize behaviors that may indicate an unhealthy relationship. Understand how feelings can affect your environment. The amount of food that manufacturers must label on their Portion Size C. Identify mindfulness practice 3. Some include: • Transcendental meditation • Prayer • Zen meditation L EARNING • Taoist meditation OBJECTIVES 1. Be a good friend to improve others' self esteem as well as yours. These relationships last forever if they are nurtured correctly. Make time for yourself D. Make time for yourself 3. The amount of food that you Serving Size Check Answer 5 6. These relationships provide the love and support you need as a human being. What is the key to being mentally prepared? 7 TH GRADE HEALTH AND WELLNESS The Five Dimensions of Health ALEXA BRAUN / RACHEL MORRISON 2. 34 35. If something is stressing you out, and you cannot find an activity that helps you to de-stress, try talking to someone. Usually there are always thoughts running through our heads unless we are sleeping. 4. Don't ignore your feelings. 3.Develop writing and reading habits Please get out a sheet of paper and answer these questions accordingly. These factors include: weight, age, sex, body size and the amount of physical activity you get. SECTION 3 Inner Peace LEARNING OBJECTIVES 1.Steps to achieve inner peace 2. Identify the meaning of inner peace 3. Many people don't like change and they resist it because it gets them outside of their comfort zone. You may be unhappy or happy at certain times; however you have to realize that those two states are not permanent. To whom ever you love: How often do you tell them you love them? Understand what you are good at and aim high for success. Develop Problem Solving Skills D. Every few days C. Is there a connection between inner peace and meditation? Make sure you take things day by day for success. ANY TIME that you talk to someone else, that is an interaction, those are your social skills at work! 26 27. It is important to create time specifically for you so you do not get lost in the busy tasks of daily life. Finally, focus on baby steps. By seeing the your goals written down you are reminded of what you want from yourself. Romantic Relationships These relationships are formed between you and one other person. Conceit Despair Doubt Hope 3. Identifying the way we love and the level of our relationships What steps do we take to improve our spiritual relationships? 35 36. L EARNING O BJECTIVES 1. What is the easiest way to improve your intelligence, get information, knowledge, and wisdom to base your Portion Size C. Identify mindfulness practice 3. Some include: • Transcendental meditation • Prayer • Zen meditation L EARNING • Taoist meditation OBJECTIVES 1. Be a good friend to improve others' self esteem as well as yours. These relationships last forever if they are nurtured correctly. Make time for yourself D. Make time for yourself 3. The BJECTIVES 1. Sources icle.jsp ••••-impact-on-mental-health-growing/ Other stress can be bad, such as the death of a family member who was the "bread winner" of the family, and now the spouse must pay the bills alone. 21 22. REVIEW 2.2 Quiz Yourself! What is a significant way to exercise your mind? Identify different kinds of social skills, and the interactions that these skills would be utilized in. Go to a place where no one will hear, and scream as loud as you can. There is a variety of practices that are somewhat different, while holding to the basic principles of consideration and quiet thought to bring about a state of rumination. SECTION 3 Stress L EARNING O BJECTIVES 1. Remember the importance of being happy and having fun together 33 34. Manage the Stress. FOOD GROUP EXAMPLES RECOMMENDED SERVINGS EFFECT ON THE BODY Fiber - reduces the risk of constipation, diabetes and heart disease Grains wheat, oats, barley, and corn 6-8 servings Carbohydrates - supply energy to the body B Vitamins - aid in the production of energy carrots, pumpkins, Vegetables potatoes, corn and legumes Fruits apples, oranges, grapes, and tomatoes Vitamin A - helps produce healthy white blood cells and promotes healthy sight 3-5 servings Folate - (a B Vitamin) helps reduce the risk of many birth defects 4-5 servings Vitamin C - helps your body produce collagen, which promotes strong, healthy bones, teeth and blood vessels. Differentiate between serving size and portion size. It is important to understand the roles these dimensions play in our life that lead us to what we seek the most - health and happiness. Practice avoiding putting blame on others 4. Be A Better Friend Check Answer 27 28. Identify weaknesses and ways to overcome them Weaknesses: First things, recognize your faults. How would you respond to them? Steps to achieve inner peace: 1.Be patient 2.Soothie and replenish your spirit 3.Keep everything simple 4.Experience the current moment 5.Try not to prejudge 6.Be happy 7.Have pride 8.Be content 9.Take responsibility 10.Be pleasant 11. See beauty 12. Potassium - an essential mineral that promotes healthy muscles and a healthy heart. SECTION 1 Five Necessary Food Groups Eating a Nutritionally Balanced Diet L EARNING O BJECTIVES 1. - Other tobacco products can cause many types of different cancers, including liver cancer and mouth cancer, as well as high blood pressure, and the loss of bone density. Identify ways in which to keep the body healthy and prevent disease. There are three things that you can do to deal with certain feelings, according to KidsHealth.Org 1. Please Wash Your Hands. This allows the body to effectively let go of some of the stress it is in • Moodzone: This resource will talk to you about the stressors you are feeling, and give you tips on how to cope. Identify how to relieve stress 2. Understand what self-esteem is. Raw computation can be done by computers now, but humans provide the creative thought that shapes our world. Describe several physical responses to short term and long term stress. Family Relationships Romantic Relationships Self-Quiz As teenagers, you may be just starting to explore romantic relationships. An important aspect of romantic relationships is taking care of YOURSELF. It doesn't have to be here today and gone tomorrow. Also, find support in friends and family, this will help with encouragement. If it is something you are interested in trying, the information is on the webpage. These skills may seem basic, but for as basic as they are, many people are not good at using them. Depression is a deep, intense sadness that does not get better, but rather worse. Managing your stress is a skill that must be learned, but will constantly be practiced and improved upon. All of the above Check Answer 13 14. Empathy Freedom 1. Lifting Weights Check Answer 7 8. Did you cope in a good or bad way? Maybe make a list of everything that you are feeling. Assess strengths C. The present-oriented focus tends to be more attractive to the brain even if the present moment isn't particularly pleasant. SECTION 5 Increase Knowledge M OVIE 2.1 Exercise Your Brain L EARNING OBJECTIVES 1. • Teachers and School Counselors • Friends • Parents, Relatives that you are close to. SECTION 2 Spiritual Relationships LEARNING OBJECTIVES 1. What Happens in My Body When I Am Stressed For A Long Period of Time? Understand importance of abstinence for body health. Start out by lifting a set number of repetitions, or the amount of times you lift the weight, and develop a plan for the amount of sets that you will do, or the number of times your repetitions will be repeated. How you choose to emotio to everyone else around you that you are full of pride, is how you determine whether it is a healthy emotion or unhealthy emotion. 23 24. Be able to define social health. CHAPTER 5 Spiritual Health • Meditation and Relaxation • Spiritual Relationships • Inner Peace 31. Are you sad? Stretching is a necessary activity to begin and end a workout so that your muscles can both prepare and recover from the physical activity. Understanding that what you are feeling is normal is a positive step to dealing and coping with certain emotions. On the left side of the line, write down things you are good at. Portion Size refers to the amount of food that you put on your plate, but serving size is a recommended measurement of food. 4 Main Types of Physical Activity • • • • Cardio/ Aerobic Exercise Muscle- Strengthening Exercise Bone Strengthening Exercise Stretching Cardio/Aerobic Exercise is beneficial to both your heart and your lungs. Muscle Strengthening Exercises improve the strength and flexibility of your muscles. Brainstorm ways to cope with stress. • Lifeline Crisis Chat: this site provides information about the crisis chat hotline. These people have known you since you were born, and have the potential to love you like no one else ever Casual Relationships These relationships are formed with people that you interact with daily. You have to train your mind to be at peace at all times regardless of the emotional state you experiencing. Relationships are very important to the development of your bodies, especially because as teens, you are not fully developed both physically and mentally just yet. What Happens in My Body When I Feel Stressed For A Short Period of Time? Notice for example that pride can be both a healthy and unhealthy emotion. There are five necessary food groups that you need to consume to promote a healthy lifestyle. Achieve and Maintain a level of physical activity that is beneficial to your health. Identify different harmful substances. Hopping C. Practice Good Hygiene. With inner peace, navigating through the world becomes much easier. Looking at the things you are bad at, are you really bad at these things or do you refuse to get better at them? Now, look at how many things you are good at. When you think too much you will have a very tough time accepting reality and you will think that something is not right. These symptoms usually don't last long, or last until the person starts feeling better. Examples include getting the mail from the mailman who has a short conversation with you, or the boy at the coffee shop who knows "your drink" and also has a conversation with you. Increase your knowledge base by reading and writing B. On the right side of the line, write down the things that you are not so good at, things you would be embarrassed to do if you were asked to demonstrate them. 5. M OVIE 5.2 Balance Your Present and Future Self There are 2 types of balance: Internal- Mind, Heart, Health External- Work, Social, Family, Fun "Happiness is not a matter of intensity but of balance, order, rhythm and harmony." -Thomas Merton To conclude, here is some advice on how to balance your life as a whole and keep your mind, body, and spirit happy and healthy. Stress can cause initial symptoms such as headaches, rashes and insomnia. They are your weaknesses for a reason and overcoming them won't come easy. 16 17. Write goals down B. The amount of food that you put D. Writing and reading are good for your mind in a number of ways. When we are not in control of our emotions, we will make decisions that we will regret later. This will buy you time to get yourself out of the situation, or to go find an adult that can help. CHAPTER 3 Emotional Health • Self-Esteem • Understanding Feelings • Dealing with Stress 19. Talk to someone. Meditation is a state of thoughtlessness awareness. Yell positive things, things that will make you feel better. Identify ways to avoid overreacting 3. You might also start to yourself those around you depending on how you act. Drug's Effects on the Body - Because there are so many different kinds of drugs available for teens to use, there are many different health risks that are imposed on the body. The main difference between the two pathogens however is that if a person is infected with a bacteria, the infection can be cured using antibiotics. Focus on your feelings. A. Glad you asked! Serving Size and Portion Size have to do with how much food you are consuming. Water Eating a nutritionally balanced diet is important especially for teens, because your bodies are still growing. Social Skills 101 COMMUNICATION SKILLS The following are examples of social skills that you should improve to make friendships and relationships last. Please take out a sheet of paper and keep track of your answers. 10 11. Did you remember you were good at those things? Try to get 8 hours of sleep every night. Alcohol's Effects on the Body - Alcohol is a depressant, which means it under-stimulates the nervous system and causes the body to slowly shut down. This list was modified from the original version that can be found at KidsHealth.org • • • • • • • • • • Being a friend Sharing (No one likes a hog) Participation Being patient Helping others Following directions Staying on task Accepting differences (No two people are alike!) Listening (To what OTHERS have to say) Praising others and not using "put downs". It helps to maintain internal temperature, it lubricates and cushions your joints it protects vital tissues such as your spinal cord, and helps to flush out unwanted toxins in the body through urination and sweating. Speak with confidence. A. 31 32. If stress management techniques are not utilized, a person may develop high blood pressure, heart disease, and stroke. Talk to them. Please take out a piece of paper. If the pathogen is too much for the immune system to defeat, the person gets sick. Next time you are faced with a challenge, become the watcher of your thoughts and stay calm so you can make smarter decisions. Identify why inner peace is important for your spiritual health What is Inner Peace? Ask to talk to someone you trust, such as a teacher or a counselor. Some stress can be good, such as an upcoming exam that will determine whether a person passes a class, which ultimately gets them a diploma. Recognize that when the immune system is down, that is when a person is most susceptible to illness. Q - Think about if someone were to offer you a cigarette or a glass of wine. SECTION 1 Self-Esteem What is Self-Esteem? However, an overload will only cause more stress so be realistic within your abilities. Iron - mineral necessary to make healthy red blood cells, and helps move the cells that carry oxygen through the bloodstream Zinc - supports a healthy immune system and helps to heal wounds 4 5. Understand that any emotion is okay, whether it is good or bad. Many abusers develop alcoholism, which is the dependency on alcohol, from consuming too much. Screaming Meditation: The process of thinking and focusing the mind purely on thought. Begin by lifting a small amount of weight and increase as you feel ready. Monthly Check Answer There is no right or wrong answer to the above question, this is just help you recognize the way you love and the level of compassion you have within your relationships. Brainstorm resources that can be utilized if stress becomes too much. CHAPTER 1 Physical Health • Eating a Nutritionally Balanced Diet • Getting Adequate Exercise • Abstaining from Harmful Substances • Taking Precautions for Illness 3. Loading PreviewSorry, preview is currently unavailable. Eliminate the Stressor. Identify ways to increase brain power 2. Use your time wisely Watch this video and reflect on the steps you can take to improve your thinking and increase your brain's health. This is done in silence for an extensive period of time. 6 7. After that you can improve them by knowing what works for you. Learning instead of controlling 4. Look for signs that include: Negative mood, thinking or attitude Loss of energy Sleep or eating problems Lack of concentration A sense of feeling overwhelmed Detachment from social situations 22 23. M OVIE 5.1 Practice Your Meditation Skills Mindfulness practice is when the brain is focused on the immediate experience rather than on distracting thoughts that are either irrelevant such as "What am I cooking for dinner tonight?" or may be future-oriented worries such as "What if I blow it in the presentation tomorrow?" or past-oriented critiques such as "That was stupid. Which is not an example the newscaster listed? Either way, you're still saying no. Emotions can bottle up inside until problems start to arise and you feel like you cannot deal any longer. What would you do? Walk Away. REVIEW 5.1 Quiz Yourself! Test your level of compassion in your relationships whether it be with your significant other, family, friends, or even yourself. Constructive feedback and criticism Positive communication This video shows the importance of communication skills, an important social skill that you should always be improving upon. Calcium - helps your body maintain strong bones and healthy teeth Dairy milk, yogurt and cheese 2-3 servings Vitamin D - supports a healthy immune system and helps absorb calcium quicker Phosphorus - helps the body maintain a regular heartbeat and helps contract your muscles properly Protein - helps carry out functions in the body and helps to produce energy Meat/ Protein red meat, fish, poultry, eggs and nuts Less than 6 oz. Identify several different examples of healthy emotions and unhealthy emotions. SECTION 1 Meditation and Relaxation What is meditation? Chances are, the activity is illegal. Brainstorm ways in which you will tell someone that you do not want to participate in the activity. Practice gratitude instead of complaints 6. 2. PREVENTING ILLNESS If you don't want to get sick, you can practice the following suggestions. These symptoms can lead to a heart attack, and even death. The practice of yoga Benefits of Regular Physical Activity Increase Your Energy Enhance Your Circulation Increase Your Heart and Lung Capacity Reduce Certain Health Risks Keep weight in a manageable range SHOW WHAT YOU KNOW Question 1 of 3 This activity is an example of bone strengthening physical activity. It is a way to clarify your thinking. Practice kindness, compassion, and acceptance 3. 37 38. If a virus causes the disease, there will be drugs to help treat the symptoms, but the disease will last forever and cannot be cured. 15 16. Friendships These relationships are formed with people who hold the same values as you do. This time allows you to focus on what's important to you and how you can keep up with it. Great resources include: YOGA: The practice of different postures and breathing techniques to relieve tension and improve flexibility in the body. It is not an act of doing, rather a state of awareness. Swimming B. Identify nutritional benefits of the food groups. SHOW WHAT YOU KNOW! Question 1 of 4 Portion Size refers to... Apathy Gratitude 2. Relationships provide connections between people that hold the same values as you do. Are you happy? Visit your doctor for scheduled check-ups. Identify ways to accept change in life 5. SECTION 3 Harmful Substances Types of Harmful Substances DRUGS - Cannabis - Heroin - Ecstasy ALCOHOL L EARNING O BJECTIVES - Wine - Beer - Hard Liquor 1. Even if you don't say anything, walking away shows the person you have no intention of participating in the activity. Alcoholism is a disease that cannot be cured, but can be treated. Why did I say that?" In fact, mindfulness takes us away from these types of demands or criticisms. Inner peace means gaining closure and letting go of all your fears, your emotional baggage, doubts, worries, anxieties, limitations, and barriers Inner peace means disempowering any negative attitudes and beliefs and replacing them with positive empowering qualities. Love is measured and maintained primarily by what you give, not what you receive. 36 37. How you are feeling inside is important to your overall mental and emotional health. Eat a balanced diet. - Because alcohol is directly absorbed into the blood stream, the effects of alcohol can be felt within as little as 15 minutes. You may lose friends or notice that your friends are becoming detached from you. Love is not just an emotion. Depression If feelings get out of control, sometimes symptoms of depression can occur. Be able to define stress. It's not simply some uncontrollable feeling you fall in and out of. 9 10. They fail to take full responsibility for the decisions they have made in life. Blaming Others: Many people make a habit of blaming others for all their problems. TOBACCO 3. Everyday B. CHAPTER 2 Intellectual Health • Setting goals • Accepting Challenges • Increasing Knowledge 12. Overanalyzing can also cause you to not take action on your goal, which can make you really frustrated in the long run. Identify the different types of relationships. Here are just a few. Take care to make sure that you are being a good friend, but that you are also not trying to create relationships with the wrong kinds of people. There are several different healthy ways that a person might cope with stress. Feelings are an important part of our emotional health. Understand the benefits of Regularly Participating in Physical Activity. Anger Faith L EARNING O BJECTIVES Courage Envy Joy Fear Love Greed Pity Guilt Respect Hate Pride Pride Emotions can be a good thing or a bad thing, depending on how you deal with these emotions. Although the chart above gives the recommended servings for each food group, there are many factors that actually influence the amount of each food group you really need. SHOW WHAT YOU KNOW Question 1 of 3 Many people believe technology is undermining teens' basic communication skills. - Cigarettes - Chewing Tobacco - Cigars 4. 8 9. On a daily basis, it is recommended a person get AT LEAST 64 ounces of water. Try to practice meditating, this may be a difficult task considering your mind is busy at work but if anything it will just make you more relaxed and relieve your body of any stress it is experiencing at the moment. Practice avoiding overanalyzing situations Overreacting: Overreacting to a problem will cause you to make bad decisions. Now think about how you have dealt with your feelings today. Interrelationships These dimensions of health are like the puzzle pieces to life; they work and fit together to create the whole. Just Say No. You can do this politely, or you can yell it at the top of your lungs. 19 20. Turn it on them. 1. 12 13. 14 15. Not only does lifting weights benefit your muscles, but it can also improve your stability and lower your blood pressure. They won't guarantee that you don't get sick, but they will definitely help you to prevent an illness. 24 25. Don't let stress become overwhelming. Assess your strengths 4. B. 32 33. Identify ways to have patience within your relationships 5. Bacteria and viruses are the two pathogens that cause a person to get sick. The Food and Drug Administration suggests a certain amount of food for each food group, and the manufacturers that make each product are required by Water is an essential nutrient for our bodies.

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