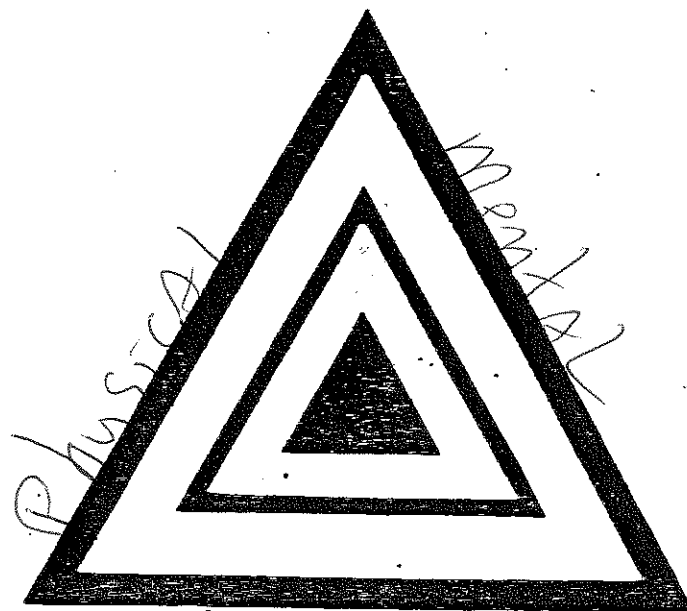


Applying Health Skills

Use with Chapter 1, Lesson 1.

Directions- Please label the triangle below.



Part II -

Social

Type of Health	Ways to Promote It
Physical	Exercise good diet Rest good hygiene Avoid drugs + Alcohol
Mental/Emotional	Like yourself Express Feelings in A good way Good decision making Handle stress Handle life
Social	Get along with family make friends disagree without fighting work well in a group get/give support

Define health-