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Lesson 1 Lesson 2 Lesson 3 1st Edition 1st Edition 9th Edition 4. B. pessimistic forecast 2 answ 6. C. Enjoy positive events for a short time 2 answ 7. D. Need to reach your potential 2 answ 8. Different people have their own unique way of dealing with strong emotions and difficult situations. However, some people are better at creating a balance between life activities than others because they are sustainable. These people respond positively and adapt effectively in all situations. This suggests that these people are mentally healthier than those who find it difficult to react and cope with normal stresses and complex events in life. 2 aw 9. Poor mental health can have a negative impact on a person's physical health in a number of ways: If you are worried, you tend to have difficulty falling asleep; hence don't get enough hours of sleep. If you are worried, you tend to consume an unhealthy diet; hence, not enough vitamins and nutrients. If you are worried, you will usually stop exercising on a regular basis. 2 answ 10. One way to increase self-esteem is to avoid setting unrealistic expectations because no one is perfect. If you expect everything to be perfect, then this will only encourage you to criticize yourself. This would prevent you from enjoying the successes and any positive event in your life. In this case it would be good to admit that there are things you can't control. In case you are faced with things that you can't change, then just pay attention to what you can change or control. 2 answ 11. Click for answer 1 answ 12. A person with a healthy self-esteem is generally confident in his skills and abilities to face challenges and try new things. In this case, a person who manifests a sense of personal value and a sense of competence has the motivation to unleash his full potential. This is because of their desire to grow and get better. 2 answ 13. The word italicized should be replaced by a role model. A role model is the one who has the best set of characteristics and behaviors that can serve as an example for a person. 2 answ 14. The word that is termed should be replaced by the word integrity. Integrity describes a person's quality that shows moral directness. 2 answ 15. The word should be replaced by constructive criticism. Constructive criticism and feedback help a person improve by pointing to his/her weaknesses or areas for improvement. This will encourage him/her to enhance his skill, his performance, or his personality. It will also establish meaningful and fruitful relationships between individuals. 2 answ Page 2 16. The italicized word must be replaced by a personality. The term personality is described as features or characteristics that are unique to a person. 2 answ 17. C. features identification 2 answ 18. D. Citizenship 2 answ 19. B. demonstrating positive values 2 answ 20. 20. characteristics that you share with other people 2 answ 21. The values we typically acquire from our parents include: Kindness and empathy: The way our parents care about us becomes our standard of kindness and compassion for others. 2. Respect: Respect and attention to each person are taught to us by our parents3. Reliability: Parents instill honesty and reliability in their children. 4. Sustainability: Parents teach their children to accept failures and imperfections as part of life5. Collaboration: Parents teach their children to collaborate, communicate and listen to each other with love and care. 2 answ 22. Responsibility, honesty and respect are universal moral values that exist throughout the spectrum of cultures because they are learned in a family that is the basic unit of society. These are traits that demonstrate a good person's character, and they serve as behavioral standards that are common to all people, regardless of their culture. 2 answ 23. Unhealthy risky behaviour puts people at risk; therefore, their health and identity had a negative impact on their health and identity. For example, behaviors that can result in unintentional injury and violence include texting while driving, riding a bike without a helmet, and carrying a deadly weapon. 2 answ 24. Examples of healthy risk behavior include: 1. public speaking2. to play sports3. joining an activity that includes Art 4. Make Friends 2 answ 25. The way we behave, think, feel and react will reflect our identity as individuals. When a person demonstrates good and positive values, it is a sign that he/she has a healthy identity. In this case, choosing not to do actions that will damage your reputation and self-esteem means that you have a good character and a healthy identity. 2 answ 27. The correct answer is hostility. Hostility is a state or behavior that demonstrates opposition or unfriendliness. This is usually associated with anger and aggression. 2 answ 28. The right answer is empathy. Empathy refers to a person's ability to understand and share someone's feelings or emotions. 2 answ 29. Protective mechanisms 2 answ 30. D. This causes little emotional harm 2 answ Page 3 Health Glencoe Health Pg. 88 31. A. Acting against your values is 2 answ 33. B. rationalization 2 answ 34. The group we belong to influences how we behave, think, feel, and react. This is because you tend to acquire the way your family and friends express themselves to you. Because of them, you accept some of their behavior and values. Through them you will learn positive and negative ways to deal with your own emotions. 2 answ 35. 1 acb 36. 1 acb 37. 1 acb 38. 1 answ 87 Pages 89 Slideshare uses cookies to improve functionality and performance, as well as to provide you with appropriate advertising. If you continue to browse the site, you agree to use cookies on this site. See our Privacy Policy and User Agreement for more details. 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