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2. tell a friend that suicide is not the answer 3. change negative thoughts to positive (use self-talk) 4. don't keep a secret. ... HOLT Lifetime Health - Unit 2: Health and Your Body 231 Terms. street99. Lifetime Health Final 119 Terms. junepauly. Segment One driver's Ed- Michigan 108 Terms. XRainbow_Toastx. Anthem by Ayn Rand ...

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Section 2 Health and Wellness Six Components of Health 4. Mental Health is the ability to recognize reality and cope with the demands of daily life. 5. Spiritual Health involves having spiritual direction and purpose. This includes living according to one's ethics, morals, and values. 6. Environmental Health involves keeping your air

[Chapter 1 Leading a Healthy Life](#)

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Lifetime Health 16 Leading a Healthy Life Leading a Healthy Life ... Write the letter of the correct answer in the blank. ____ 11. Manuel is a well-adjusted person. He maintains friendships, controls ... Chapter Test continued ____18. Health knowledge is to health behavior as a. studying is to teaching.

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