

HED 110

February 1, 2016

Contents

1	Study Guide	2
1.1	Chapter 1	2
1.2	Chapter 2	2
1.3	Chapter 3	2
1.4	Chapter 4	2
2	The Why of Living	2
3	Terms to Review	2
4	4th Class	2
4.1	Open book exam; Chapters 1-4	2
5	Seven Dimentions of Wellness	3
5.1	Physical	3
5.2	Emotional	3
5.3	Intellectual	3
5.4	Spiritual...	3
5.5	Interpersonal and Social	4
5.6	Enviromental or Planetary	4
5.7	Financial	4
5.8	Chronic Disease	4
5.9	Self Efficacy	4
5.10	Stages of change	5
6	Questions/Comments	5

1 Study Guide

1.1 Chapter 1

- Introduction to Health

1.2 Chapter 2

- Maintain Wellness

1.3 Chapter 3

- Managing Stress

1.4 Chapter 4

- Mental health

2 The Why of Living

- The power of why
- Identify your dreams and goals
- Design your life
- Create Timeline
- Identify Obstacles

3 Terms to Review

- Locus of Control
- Self Efficacy
- Time Management

4 4th Class

4.1 Open book exam; Chapters 1-4

- Internal Locus of Control - Taking the blame or responsibility for our own actions.
- External Locus of Control - Becoming the victim or Projecting responsibility.

5 Seven Dimentions of Wellness

5.1 Physical

- Exercise
- Diet
- Avoid harmful habits
- Making responsible decitions about sex
- Getting Medical and Dental Check ups
 - Pro-Active
 - Re-Active

5.2 Emotional

- Trust
- Self Esteem
- Self Acceptance
- Self Confidence
- Good Relatioinships
- Negative Words
 - IF
 - TRY
 - MIGHT
 - MAYBE

5.3 Intellectual

- Openness to new ideas.
- Motivatoin to master skills.
- To question and think critically.
- A sence of humor.

5.4 Spiritual...

- A set of guiding beliefs, pricipals, or values that give meaning or purpose in life.

5.5 Interpersonal and Social

- Satisfying Physical and emotional relationships.
- Supportive people around us.

5.6 Enviromental or Planetary

- Safety of the food supply.
- Air Pollution.
- Water pollution.
- Mold in the home.
- Second hand tobacco smoke.

5.7 Financial

- Passive Income
- Active Income

5.8 Chronic Disease

- Cause by personal choices or lifestyle.
 - Prevention is the best treatment.
- These are illnesses that are ongoing and reccurring that is not cause by infection or passed on by contact.
 - We make choices to increase or decrease illness.

5.9 Self Efficacy

- An individuals belief in his or her capacity to execute behaviors necessary to produce specific perfomance attainment. It refects confidence in the ability to believe that "I can."
- Belief/Faith
 - The art of listening
 - Learn to agree to disagree.
 - Retreat and regroup = Readjustment

5.10 Stages of change

- Precontemplation = Denial
- Contemplation = Maybe
- Preparation = Getting help/ Decition to change.
- Action = Moving towards change
- Mainteinance = Steadyness
- Termination = A part of Him/Her
- Become Familiar with:
 - healthy people in 2020
 - Diabetes
 - Immune system
 - Mind and body healing
 - Visualization

6 Questions/Comments

- What is the difference between infectious and chronic disease?
- What causes infectious disease?