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| **Word** | **Definition and Sentence** | **Connection to you!** |
| CHAPTER 2Health Skills p. 34 (also see chart on page 35) |  |  |
| Interpersonal Skills p. 35 |  |  |
| “I” messages |  |  |
| Refusal Skills |  |  |
| Conflict Resolution |  |  |
| Stress |  |  |
| Stress Management Skills  |  |  |
| Values |  |  |
| Decision Making Skills |  |  |
| CHAPTER 3Mental/Emotional Health p. 66 |  |  |

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| **Word** | **Definition and Sentence** | **Connection to you** |
| Resilient |  |  |
| Self-Esteem |  |  |
| Competence |  |  |
| Self Actualization |  |  |
| Personal Identity |  |  |
| Role Model |  |  |
| Personality |  |  |
| Character |  |  |
| Integrity (Also see 6 bullets on p. 74) |  |  |
| Constructive Criticism  |  |  |

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| **WORD** | **DEFINITION IN YOUR OWN WORDS** | **CONNECTION TO YOU** |
| Emotions |  |  |
| Empathy |  |  |
| Defense Mechanisms(See chart 3.11 on page 81) |  |  |
| CHAPTER 4Perception |  |  |
| Stressor |  |  |
| 3 Stages of Stress p. 94 |  |  |
| Psychomatic Response |  |  |
| LIST THE Stages of Grief (p. 108) |  |  |
| Closure |  |  |
| Coping |  |  |