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Chapter 2 – Taking Charge of Your Health

1. health skills – specific tools and strategies to maintain, protect, and improve all aspects of your health.
2. interpersonal communication skills – the exchange of thoughts, feelings, and beliefs between two or more people.
3. refusal skills – communication strategies that can help you say no when you are urges to take part in behaviors that are unsafe or unhealthful, or that go against your values.
4. conflict resolution – the process of ending a conflict through cooperation and problem solving.
5. promote – to contribute to the growth of.
6. stress – the reaction of the body and mind to everyday challenges and demands.
7. stress management skills – skills that help you reduce and manage stress in your life.
8. advocacy – taking action to influence others to address a health-related concern or to support a health-related belief.
9. values – the ideas, beliefs, and attitudes about what is important that help guide the way you live.
10. decision-making skills – steps that enable you to make healthful decisions.
11. goals – those things that you aim for that take planning and work.
12. short-term goal – a goal that you can reach in a short period of time.
13. long-term goal – a goal that you plan to reach over an extended period of time.
14. action plan – a multistep strategy to identify and achieve your goals.