

FLPS

Name _____

Health**Health Study Guide****MP-2**

Vocabulary: DIRECTIONS: Define the following words on a separate sheet of paper using complete sentences.

1. Apprehensive
2. Foreboding
3. Wary
4. Disgruntled
5. Exasperated
6. Incensed
7. Irate
8. Livid
9. Appalled
10. Ambivalent
11. Perplexed
12. Alienated
13. Discombobulated
14. Lethargic
15. Wretched
16. Anguished
17. Leery

- 18. Mortified
- 19. Tumultuous
- 20. Melancholy

SHORT ANSWER QUESTIONS

Directions Using a separate sheet of paper, answer the following questions using complete sentences.

- 1. List 10 things you are grateful for.
- 2. Sit outside and close your eyes. List 3 things you hear.
- 3. Name 3 ways you learned to handle stress.
- 4. List 5 of your own positive qualities.
- 5. Tell me how you are helpful. Be detailed.
- 6. When you are feeling overwhelmed, how do you prioritize?
- 7. Where is your safe spot? What makes you feel safe?
- 8. Do your parents trust you? How did you get them to trust you or how do you earn their trust?
- 9. What are some ways of showing respect for your family members?
- 10. What is body language? Give an example of it.
- 11. Name three ways to deal with negative peer pressure.
- 12. What are three influences on your personality?

13. What is the difference between your self-concept and self esteem?

14. Name four types of emotion.

15. What are some warning signs of suicide?