

Wellness Test Study Guide

Media/Internet Influences

- body image
- glorified negative behaviors
- violence
- cyberbullying → depression
- blackmail
- viruses
- harassment
- stress
- addiction
- illegal actions
- meeting creepers/stalkers
- positive:
 - connect with people
 - better and faster communication
 - school / work
 - finding information quicker (Google!)
 - spreading ideas
 - business
 - increase range, speed (efficiency)

Team Building

- steps:
 - forming
 - testing
 - polite
 - guarded
 - storming
 - infighting
 - conflict
 - opting out
 - norming
 - getting organized
 - establish procedures
 - confronting issues
 - performing
 - mature closeness
 - open
 - flexible
- fail because of:
 - getting off task (fooling around)
 - arrogant members (infighting)
 - too guarded, not contributing
 - no communication and/or obedience
 - no leader / bad leader
- roles:
 - leader

- listener/follower
- slacker/copier
- thinker (“idea presenter”)
- writer/presenter
- troublemaker/distractor
- editor/techie
- planner/keeping on task
- timekeeping

Stress

- the physical and mental reactions of the body and mind to any demand made upon it
- reactions:
 - withdrawal
 - act out
 - deal with it (try)

Communication

- the ability to clearly express one’s thoughts, feelings, beliefs, opinions, reactions, values, and hopes
- types:
 - verbal
 - written
 - non-verbal
- source → encoding → channel → decoding → receiver → source (msg feedback loop)
- appropriate techniques:(see sheet — mostly common sense)

Risky Behavior and Judgement

- judgement is all personal

STAR

- Stop
- Think
- Act
- Reflect

Wellness

- your overall state of well-being
- SOSIPEE
 - Social
 - Occupational
 - Spiritual
 - Intellectual (mental)
 - Physical
 - Emotional
 - Environmental