Need to know vocabulary

**The Health Triangle**

Physical health

Mental/emotional health

Social health

**Chapter 7-Mental/Emotional health**

Mental/emotional health

Hierarchy of needs-

Personality

Personal identity

Developmental assets

Emotions

Hormones

Defense mechanisms

 Repression

 Suppression

 Rationalization

 Regression

 Denial

 Compensation

 Projection

 Idealization

**Chapter 8- MANAGING STRESS AND ANXIETY**

Stress

Perception

Stressor

Resiliency

3 stages of the body’s stress response

Stress management skills

Anxiety

Depression

 Reactive depression

 Major depression

**Chapter 9- MENTAL DISORDERS**

Mental disorder

 Organic disorder

 Functional disorder

Stigma

Anxiety disorder

Phobia

Obsessive compulsive disorder

Post traumatic stress

Mood disorder

Clinical depression

Anorexia

Bulimia

Conduct disorder

Schizophrenia

**Chapter 10-Skills for Healthy Relationships**

Relationship

Communication

Cooperation

Compromise

Character

Passive

Aggressive

Assertive

“I” messages

Active listening

Prejudice

Tolerance

Constructive criticism

Conflict

Negotiation

Mediation

Confidentiality

Peer mediators

**Chapter 11- Family Relationships**

Family

Immediate family

Extended family

Sibling

Affirmation

Separation

Divorce

Custody

Grief

Resiliency

Domestic violence

Emotional abuse

Physical abuse

Sexual abuse

Child abuse

Neglect

Cycle of violence

Crisis center

Foster care

**Chapter 12- Peer Relationships**

Peers-

Friendship

Platonic friendship

Cliques

Stereotype

Peer pressure

Harassment

Manipulation

Refusal skills

Infatuation

Affection

Abstinence

**Chapter 5-Nutrition**

Nutrition

Nutrients

Calories

Hunger

Appetite

Carbohydrates

 Glucose

 Glycogen

Fiber

Protein

 Complete protein-

 Incomplete protein-

 Amino Acids-

Fat (lipid)

 Unsaturated

 Saturated

 Cholesterol

Vitamins

 Fat soluble

 Water soluble

Minerals

Water

Food additives

Food allergy

Food intolerance

Foodborne illness

Pasteurization

Cross contamination

FOOD LABELS

**Ch 6- Maintaining a Healthy Weight**

Body image

Overweight

Obesity

Underweight

Fad diets

Eating disorder (covered in ch 9)

Anorexia nervosa

Bulimia nervosa

Binge eating disorder

**Ch 21- Tobacco**

Addictive drug

Nicotine

Stimulant

Carcinogen

Tar

Carbon monoxide

Smokeless tobacco

Leukoplakia

ETS

 Mainstream smoke

 Sidestream smoke

**Ch 22. Alcohol**

Ethanol-

Fermentation

Depressant

Intoxication

Alcohol abuse

BAC

Binge drinking

Alcohol poisoning

FAS

Alcoholism

Alcoholic

Sobriety

**Ch. 22- Medicines and Drugs**

Medicines

Drugs

Vaccine

Antibodies

Analgesic (ann-ul-G-zics)

Side effects

Substance abuse

Illegal drugs

Illicit drug use

Overdose

Psychological dependence

Physiological dependence

Addiction