

1. Which of the following describes mental health?

The ability to get through our daily activities without feeling fatigue.

 A

Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior.

When you feel secure, safe, and relaxed we are healthy in this way. Someone who has good health has an open mind, heart, and high self esteem.

 B

The ability to form healthy relationships and knowing how to handle difficult social situations in beneficial to our health.

 C D

How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices.

2. Which of the following describes social health?

When you feel secure, safe, and relaxed we are healthy in this way. Someone who has good health has an open mind, heart, and high self esteem.

 A B

The ability to get through our daily activities without feeling fatigue.

 C

Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior.

How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices.

The ability to form healthy relationships and knowing how to handle difficult social situations in beneficial to our health.

3. Which of the following describes physical health?

The ability to get through our daily activities without feeling fatigue.

 A

Exercising, eating healthy, and avoiding harmful substances helps to improve this health behavior.

How we think, feel, and act is all a part of this health behavior. Being healthy in this way helps determine how we handle stress, relate to others, and make choices.

The ability to form healthy relationships and knowing how to handle difficult

When you feel secure, safe, and relaxed we are healthy in this way. Someone who

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F Rizvi

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