

## Unit One Worksheet

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. Which of the following does not describe "wellness"?
- purposeful, enjoyable living
  - the integration of body, mind, and spirit
  - the absence of disease or infirmity
  - a deliberate lifestyle choice
- \_\_\_\_\_ 2. Looking at health and the individual as a whole rather than part by part describes:
- physical health.
  - wellness.
  - holistic health.
  - total well-being.
- \_\_\_\_\_ 3. Psychological health gives individuals the ability to do all the following EXCEPT:
- express emotions.
  - function independently.
  - diagnose emotional problems.
  - cope with daily stressors.
- \_\_\_\_\_ 4. All of the following are essential components of spiritual health EXCEPT:
- attending a religious service on a weekly basis.
  - helping others achieve their full potential.
  - finding purpose in life.
  - experiencing love, joy, peace, and fulfillment.
- \_\_\_\_\_ 5. All of the following are associated with intellectual health EXCEPT:
- your openness to new ideas.
  - your ability to think and learn from life's experiences.
  - your mental stability.
  - your capacity to question and evaluate information.
- \_\_\_\_\_ 6. The ability to develop satisfying interpersonal relationships is an example of which component of health?
- behavioral
  - social
  - sexual
  - intellectual
- \_\_\_\_\_ 7. Health literacy:
- teaches one how to be smart.
  - is the ability to understand health information to make good decisions.
  - involves consumer advocacy for health.
  - teaches medical jargon to you.
- \_\_\_\_\_ 8. All of the following are types of influences that shape our behaviors EXCEPT:
- enabling factors.
  - predisposing factors.
  - preventive factors.
  - reinforcing factors.