

WELLNESS WORKSHEETS

Eleventh Edition

Paul M. Insel • Walton T. Roth

The 126 Wellness Worksheets in this package are designed to help students become more involved in their own wellness and better prepared to implement behavior change programs. They include the following types of activities:

- Assessment tools that help students learn more about their wellness-related attitudes and behaviors.
- Internet activities that guide the students in finding and using wellness-related information from the World Wide Web.
- Knowledge-based reviews that increase students' comprehension of key concepts.

ISBN: 978-0-07-727321-7

MHID: 0-07-727321-4



Copyright © 2010 by
The McGraw-Hill Companies, Inc.



Copyright © 2010 by The McGraw-Hill Companies, Inc. All rights reserved. Printed in the United States of America. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher.

1 2 3 4 5 6 7 8 9 0 CUS/CUS 0 9

International Standard Book Number (ISBN): 978-0-07-727321-7

MHID: 0-07-727321-4

Editor-in-chief: *Michael Ryan*

Editorial Director: *William R. Glass*

Executive editor: *Christopher Johnson*

Marketing manager: *William Minick*

Director of development: *Kathleen Engelberg*

Developmental editor: *Tim Huddleston*

Developmental editor for technology: *Julia D. Akpan*

Editorial Coordinator: *Lydia Kim*

Media project manager: *Ron Nelms, Jr.*

Production supervisor: *Louis Swaim*

Production editor: *Holly Paulsen*

Compositor: *Noyes Composition and Graphics*

Typeface: *10.5/13 Times*

Paper: *50# Skyland Offset*

Printer and binder: *R. R. Donnelley/Von Hoffmann*

Contents

Chapter 1 Taking Charge of Your Health

1. Evaluate Your Lifestyle
2. Wellness Profile
3. Stages of Change
4. Breaking Behavior Chains
5. Behavior Change Contract
6. Levenson Multidimensional Locus of Control Scales
7. Occupational Wellness
8. Create a Family Health Portrait
- * 9. Wellness on the World Wide Web

Chapter 2 Stress: The Constant Challenge

10. Identify Your Stress Level and Your Key Stressors
11. Major Life Events and Stress
12. Daily Hassles and Stress
13. Time Stress Questionnaire
14. Relaxation Techniques: Progressive Muscle Relaxation and Imagery
15. Stress-Management Techniques
- * 16. Social Support
- * 17. Sleep
18. Confide in Yourself Through Writing
19. Problem Solving

Chapter 3 Psychological Health

20. Maslow's Characteristics of a Self-Actualized Person
21. Self-Exploration: Identity, Values, Experiences, Goals
22. Developing Spiritual Wellness
23. The General Well-Being Scale
- * 24. Self-Esteem Inventory
25. How Assertive Are You?
26. How Comfortable Are You in Social Situations?
- * 27. Recognizing Signs of Depression and Bipolar Disorder
28. Recognizing Anxiety Disorders and Coping with Fears

Chapter 4 Intimate Relationships and Communication

29. How Capable Are You of Being Intimate?
30. How Compatible Are You and Your Prospective Partner?
31. Love Maps
32. Sternberg's Triangular Love Scale

- 33. What's Your Gender Communications Quotient?
- * 34. Rate Your Family's Strengths
- Chapter 5 Sex and Your Body**
- 35. Male and Female Reproductive Systems
- 36. Test Your Sexual Knowledge and Attitudes
- 37. Gender Roles
- 38. Sexual Decision Making and Your Personal Life Plan
- Chapter 6 Contraception**
- 39. Facts About Contraception
- * 40. Which Contraceptive Method Is Right for You and Your Partner?
- Chapter 7 Abortion**
- 41. Facts About Methods of Abortion
- * 42. Your Position on the Legality and Morality of Abortion
- Chapter 8 Pregnancy and Childbirth**
- 43. Assessing Your Readiness to Become a Parent
- 44. Facts About Pregnancy and Childbirth
- 45. Creating a Detailed Family Health History and Tree
- 46. Developing a Birth Plan
- Chapter 9 The Use and Abuse of Psychoactive Drugs**
- 47. Addictive Behaviors
- 48. Gambling Self-Assessment
- * 49. Reasons for Using or Not Using Drugs
- 50. Facts About Psychoactive Drugs
- Chapter 10 The Responsible Use of Alcohol**
- 51. Is Alcohol a Problem in Your Life?
- 52. Alcohol and How It Affects You
- * 53. Drinking and Driving
- 54. Could Alcohol Have Health Benefits for You?
- Chapter 11 Toward a Tobacco-Free Society**
- * 55. Nicotine Dependence: Are You Hooked?
- 56. For Smokers Only: Why Do You Smoke?
- * 57. For Users of Spit Tobacco or Cigars
- * 58. For Nonsmokers
- 59. Analyzing Advertisements
- Chapter 12 Nutrition Basics**
- 60. Daily Food Record
- 61. Portion Size Quiz and Worksheet

* Worksheets that include an Internet activity

- 62. Your Daily Diet Versus MyPyramid Recommendations
- * 63. Putting MyPyramid Into Action: Healthier Choices Within Food Groups
- 64. How's Your Diet?
- 65. Determining Daily Energy and Macronutrient Intake Goals
- 66. Informed Food Choices
- * 67. Reading Dietary Supplement Labels
- 68. Food Safety Quiz

Chapter 13 Exercise for Health and Fitness

- 69. Your Physical Activity Profile
- 70. Safety of Exercise Participation
- 71. Using a Pedometer to Track Physical Activity
- 72. Evaluating Your Fitness Level
- 73. Overcoming Barriers to Being Active
- * 74. Personal Fitness Program Plan and Contract
- 75. Getting to Know Your Fitness Facility

Chapter 14 Weight Management

- 76. Body Image
- 77. What Triggers Your Eating?
- 78. Do You Feel Social Pressure to Eat?
- 79. Getting Started on a Weight-Loss Program
- 80. Identifying Weight-Loss Goals and Ways to Meet Them
- 81. Using Food Labels in Weight Management
- 82. Checklist for Evaluating Weight-Loss Books
- 83. Checklist for Evaluating Weight-Loss Products and Services
- * 84. Diabetes Risk Assessment
- 85. Eating Disorder Checklist

Chapter 15 Cardiovascular Health

- 86. Facts About the Cardiovascular System
- 87. Screening for Heart Disease Risk Factors
- * 88. Are You at Risk for Cardiovascular Disease?
- 89. Facts About Cardiovascular Disease
- 90. Hostility Quiz and Log

Chapter 16 Cancer

- 91. Facts About Cancer
- * 92. Cancer Risk Factors and Prevention
- 93. Diet and Cancer
- 94. Skin Cancer Prevention
- 95. Performing an Oral Self-Exam

* Worksheets that include an Internet activity

Chapter 17 Immunity and Infection

- 96. Facts About Pathogens and How They Cause Disease
- 97. Facts About the Body's Defenses Against Infection
- 98. Checklist for Avoiding Infection
- * 99. Personal Infectious Disease Record
- * 100. Allergy Record

Chapter 18 Sexually Transmitted Diseases

- * 101. Facts About Sexually Transmitted Diseases
- 102. Do Your Attitudes and Behaviors Put You at Risk for STDs?

Chapter 19 Environmental Health

- 103. Facts About Environmental Health
- * 104. Environmental Health Checklist
- 105. Recycling and Shopping Planner

Chapter 20 Conventional and Complementary Medicine

- * 106. Choosing a Primary Care Physician
- * 107. Complementary and Alternative Medicine (CAM)
- 108. Your Personal Health Profile
- * 109. Safe Use and Storage of Medications
- 110. Self-Treatment: Visualization and Expressive Writing
- 111. Communicating with Your Physician
- 112. Understanding Health and Medical Terminology
- 113. Choosing a Health Care Plan

Chapter 21 Personal Safety

- 114. Checklist for Preventing Unintentional Injuries
- 115. Driving Like a Pro
- * 116. Are You an Aggressive Driver?
- 117. Personal Safety Checklist
- * 118. Violence in Relationships
- * 119. Warning Signs of Violence and Techniques for Managing Anger
- 120. Building a Kit of Emergency Supplies for Your Household

Chapter 22 Aging: A Vital Process

- 121. Are You Prepared for Aging?
- 122. The Eight Dimensions of Successful Retirement Self-Assessment
- * 123. Osteoporosis

Chapter 23 Dying and Death

- 124. Your Experiences and Attitudes About Death
- 125. Planning for Death
- 126. Advance Medical Directives

For Users of *Connect Core Concepts in Health* Brief Eleventh Edition

Brief Edition Chapter	Applicable Wellness Worksheets
1. Taking Charge of Your Health	1–9
2. Stress: The Constant Challenge	10–19
3. Psychological Health	20–28
4. Intimate Relationships and Communication	29–34, 37, 43
5. Sexuality, Pregnancy, and Childbirth	35–36, 38, 44–46
6. Contraception and Abortion	39–42
7. The Use and Abuse of Psychoactive Drugs	47–50
8. Alcohol and Tobacco	51–59
9. Nutrition Basics	60–68
10. Exercise for Health and Fitness	69–75
11. Weight Management	76–85
12. Cardiovascular Disease and Cancer	86–95
13. Immunity and Infection	96–102
14. Environmental Health	103–105
15. Conventional and Complementary Medicine	106–113
16. Personal Safety	114–120
17. The Challenge of Aging	121–126

