

Health

Unit 2 Vocabulary

Lesson 1:

Self concept – the view you have of yourself

Reinforce – support

Self esteem – a measure of how much you like and respect yourself

Resilience – the ability to work through and recover from disappointment

Lesson 2:

Character – the way you think, feel and act

Advocacy – taking a stand to make a difference

Role model – a person whose success and behavior serves as a good example for others

Lesson 3:

Emotions – feelings such as joy, love or fear

Hormones – powerful chemical, produced by glands, which regulate many body functions

Abstinence – not participating in health-risk behaviors

Lesson 4:

Stress – your body's response to changes around you

Anxiety – feelings of uncertainty or worry over what may happen

Adrenaline – a hormone that prepares the body to respond to stress

Lesson 5:

Anxiety disorder – a serious emotional problem that keeps a person from functioning normally

Mood disorder – a serious emotional problem where a person's mood goes from one extreme to another

Depression – an emotional problem marked by long periods of hopelessness and despair

Suicide – the deliberate act of taking one's own life