

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Health & Wellness Test

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|--|---------------------------|
| 1. A. adopting a healthy lifestyle and avoiding health-threatening habits  | A. Spiritual Wellness     |
| 2. B. preserving the quality of key elements of the surrounding world that humans depend on for their health                   | B. Environmental Wellness |
| 3. C. openness to new ideas, learning from new experiences, and willingness to continue learning throughout life               | C. Alcohol                |
| 4. D. finding meaning, purpose, and peace in life  | D. Caffeine               |
| 5. E. being aware of personal feelings, effectively expressing feelings, and handling stress in a productive manner            | E. Emotional Wellness     |
| 6. F. finding personal fulfillment in a job or career and having positive, productive experiences with employers and coworkers | F. Experimental use       |
| 7. G. interacting effectively with others and maintaining healthy relationships with family, friends, and romantic partners    | G. Addiction              |
| 8. H. stimulate the nervous system   | H. Social Wellness        |
| 9. I. reduce depth and quality of sleep  | I. Nicotine               |
| 10. J. sedative that makes you feel sleepy   | J. Escapism               |
| 11. K. internal noise , increases digestive activity   | K. Social pressure        |
| 12. L. doing dr4ugs out of curiosity   | L. Emotional Wellness     |
| 13. M. physical dependence resulting from use of drugs   | M. Occupational Wellness  |
| 14. N. stimulation or pleasure   | N. High-Fat foods         |
| 15. O. unpleasant emotional state  | O. Physical Wellness      |