

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

# Health & Wellness Test

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