Review Questions

• Wellness is the process of __________.
• A) What are the two main factors in the Ecological Model of Health and Wellness?
  B) What three health behavior components does this model address?
• Discuss the relationship between low socioeconomic status and health outcomes.
• Describe the Stages of Change Model for behavior change
• List 6 Virtues and Character Strengths (p. 41) and identify two examples from each of the six areas
• Diagram the divisions of the nervous system.
• How do neurons communicate?