

Learning Goals

Chapter 11: Health and Well-Being



What Affects Your Health?

- 11.1** Explain the biopsychosocial model of health and well-being.
- 11.2** Summarize the causes and consequences of obesity.
- 11.3** Summarize the benefits of regular exercise.
- 11.4** Summarize the health effects of sexually transmitted infections (STIs).
- 11.5** Summarize the causes and consequences of smoking.

How Does Stress Affect Your Health?

- 11.6** Explain the types of stressors.
- 11.7** Summarize the two physical and three behavioral responses to stress.

How Do Mediating Factors Affect Your Stress?

- 11.8** Summarize how different personality styles and emotional states can increase or decrease the effects of stressors.
- 11.9** Identify the best strategies for coping with stress.
- 11.10** Identify four ways that you can reduce exam anxiety.

Can a Positive Attitude Keep You Healthy?

- 11.11** Summarize how happiness and well-being are related to health.
- 11.12** Explain how gratitude and spirituality enhance the positive health effects of social support.
- 11.13** Summarize strategies for healthy living.

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.