

Health and Wellness

Determine whether each statement is true or false.

1. Well – being refers to a person's overall satisfaction that life's present conditions good.
2. Wellness is an active process that involves becoming aware of and making choices toward improving aspects of health.
3. The three aspects of health is well- being, physical, and wellness.
4. Physical health has to do with your thoughts and feelings.
5. Social health has to do with how your body functions.
6. When you have good mental health you can cope with stress and able to express your thoughts and feelings.
7. Unfortunately relationships are those that cause harm or make you feel bad about yourself.
8. The three aspects of health is not interrelated.
9. Without adequate healthcare, people can still receive the care they need.
10. Inpatient facilities treat patients who live in the community and who do not require a hospital.