

1. Describe the medical, environmental, and holistic models of health.
2. Describe physical wellness.
3. Here in Micronesia, how does one get Type 2 adult onset diabetes?
4. On the twelve dimension wellness wheel you completed in class, why would a larger but uneven wheel be better than a smaller, evenly round wheel?
5. What is the autonomic nervous system?
6. What is the function of the immune system?

7. Define psychosomatic illness.

8. Describe image visualization.

9. Define the following terms:

Stress

Stressor

Eustress

Distress

10. Describe music relaxation therapy as experienced in class and what music therapy is intended to treat.

11. How does social support affect stress?

12. Why would emotion-focused coping be a better option than problem-focused coping for a rape survivor dealing with posttraumatic stress disorder as a result of the assault?

13. List a coping mechanism for overload.

14. Describe Maslow's hierarchy of needs.

15. Explain the role of positive emotions in mental health.

16. Adult onset diabetes is diagnosed when one's fasting blood sugar (FBS) level exceeds 140. A now deceased colleague was hospitalized with an FBS of 400. When I visited him in the hospital he laughed and said, "My blood sugar is 400, but I am not diabetic!" What defense mechanism was he using?

17. List the guidelines for good sleep hygiene.