Good mental and physical health positively affects every aspect of your life. Whether you are an athlete or executive, homemaker or student, good health enhances your performance. The goal of this series is to provide the information you need to make informed choices about your personal health and well-being. “Health I: A Guide to Wellness” provides basic information on mental and physical health. “Health II: A Guide to Wellness” applies that knowledge to various aspects of health promotion.

This course provides the information you need to (re)integrate good health habits into your daily life. The information needed to achieve this goal is presented in the textbook entitled, *Glencoe Health: A Guide to Wellness* (fifth edition) and this Assignment Manual. The textbook, written by Mary Bronson Merki, Ph.D. and Don Merki, Ph.D., was published by Glencoe in 1996. It presents the broad information needed to achieve and maintain optimum mental and physical health. The Assignment Manual, written by staff at The Hadley School for the Blind, includes
selected chapter review questions designed to measure your understanding of the material.

“Health I: A Guide to Wellness,” which is a prerequisite to this course, covered the first seven units in the textbook. This course, “Health II: A Guide to Wellness” covers the last five. Each of the five units is divided into chapters. Each chapter is divided into lessons. Unit 8, Medicines and Drugs, explains the effects of these substances on your body and suggests ways to recover from addiction and codependency. Unit 9, Diseases and Disorders, describes how diseases are spread, treated, and prevented. Unit 10, Community and Environmental Health, summarizes these issues and suggests ways to protect the environment. Unit 11, Consumer Health, suggests effective ways to access health services and health care. Unit 12, Safety and Emergency Care, describes how to provide first aid and handle emergencies when your safety and well-being are threatened.

To complete this course, you will need the materials that The Hadley School for the Blind has provided as
well as writing materials in the medium of your choice. If you are taking the audiocassette version of this course, you will also need your own tape recorder. For your convenience, each chapter in the textbook is double toned, each lesson is single toned, and each page is announced. However, each chapter in the Assignment Manual is only single toned.

As you peruse the textbook, you will notice that each chapter includes sections entitled, “Lesson Review,” “Self-Inventory,” “Building Decision-Making Skills,” and “Chapter Review.” These sections are for your personal development only, so do not mail them to your Hadley instructor.

You are required to submit five assignments, however. These assignments, which are found in this Assignment Manual, include review questions from each chapter in the unit. Once you finish an entire unit, complete its assignment in the medium of your choice.

As you complete each assignment, mail it to your instructor at The Hadley School for the Blind, 700 Elm Street, Winnetka, IL 60093. If you are blind or visually
impaired, assignments in braille, large print, audiocassette, or on computer disk can be mailed as Free Matter for the Blind. If you prefer to fax your assignment, use the cover page included with the welcome letter. If you would rather send your assignment electronically, contact your instructor for an e-mail address.
Chapter 25
Using Health Terms

Write the term that best matches each definition given below. Each question is worth 1 point.

Chapter 25, Lesson 2
45. The process of removing alcohol or other drugs from one’s body.

Chapter 25, Lesson 3
46. People who are overly concerned with other people’s behavior and problems.
47. The act of trying to protect the alcoholic or drug addict from the consequences of his or her own actions thereby helping the addict to continue the self-destructive behavior.

Chapter 25, Lesson 4
48. An organization for teens and preteens whose parents or other family members have drinking problems.

Recalling the Facts
Briefly answer the following questions. Each question
is worth 2 points.

Chapter 25, Lesson 1

49. Why is denial an important part of psychological dependence?

Chapter 25, Lesson 2

50. What is meant by the statement “Recovery is a process”?

Chapter 25, Lesson 3

51. List some emotions people in a family living with an addict might experience.

Chapter 25, Lesson 4

52. Why is intervention important?

53. What is Al-Anon? What is a major purpose of this organization?

Thinking Critically

Answer the following questions. Each question is worth 3 points.

Chapter 25, Lesson 2

54. Most experts recommend that recovering addicts totally abstain from the substance(s) they have
used. How long do you think the addict would have to abstain? What effects on the addict’s future might this have?

Chapter 25, Lesson 3

Years ago people often hid the problem of addiction within a family and suffered in silence. How are things beginning to change? What do you think is causing the change? How is this change for the better?