

Module S1 Quiz: Defining Health

Question 1: What are some other words people might use for “SELF”?

Question 2: Describe the three components (parts) of a person that need to be in balance around the SELF to be healthy.

Question 3: Discuss what a person might experience if they are out of balance in one part of themselves?

Question 4: Give an example of what a person can do to feel better if they are out of balance.

Question 5: What will you remember most from this lesson?

Module S1 Quiz Answer Key

Question 1:
Soul, essence, spirit, “me,” “I”
Question 2:
Mind, body, emotions
Question 3:
Excessive worries, physical illness, out of proportion emotions
Question 4:
Talk to a trusted person, rest, go for a walk, write down your feelings, hug a pet, and so forth
Accept any sincere student idea
Question 5:
Accept all relevant student thoughts.