Chapter Two – Psychosocial Health quiz clues

✓ Quizzes will be taken directly from up to four of the potential questions below
✓ Quizzes are closed book and note

✓ Be able to list the four dimensions of psychosocial health

✓ Be able to list two characteristics of psychosocially healthy people

✓ Be able to list two INTERNAL factors that influence psychosocial health

✓ Be able to list two methods to maintaining self-efficacy or self esteem

✓ Be able to name the largest phobia in the United States that people have

✓ Be able to define SAD

✓ Be able list two methods for treating depression

✓ What are two things we can do to take action if we think someone is contemplating suicide