



read this chapter?

Because you'll learn how to...

- Understand holistic wellness and how to care for your body, mind, and soul
- Identify and understand the signs of depression and anxiety
- Understand the responsibility of eating well and tracking your food intake

Because you'll be able to...

- Make intelligent decisions regarding alcohol and drugs (legal, illegal, and prescription)
- Identify the risks associated with smoking and the steps to quit
- Describe the dangers of sexually transmitted diseases and protect yourself

Scan and QUESTION

Take a few moments, **scan this chapter** and on page 339, write **five of your own questions** that you think will be important to your mastery of this material. You will also find five questions listed from your authors.

Example:

- ✓ What does it mean to have a holistic approach to health? (from page 324)
- ✓ Why is it important to know about depression and anxiety? (from page 325)

MyStudentSuccessLab

MyStudentSuccessLab is an online solution designed to help you acquire and develop (or hone) the skills you need to succeed. You will have access to peer-led video presentations and develop core skills through interactive exercises and projects.