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1. Reaching Potential- Need to "Be all you can be."
2. Feeling recognizes- Need to achieve and be recognized.
3. Belonging- Need to be loved and to love.
4. Safety- Need to be secure from danger.
5. Physical- Need of hunger, thirst, sleep and shelter.

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Please put into the Unit 2 Study Guide drop box. 25 Points Question or Task Reading in Unit where answer can be found Your Answers Question 1 Name 2 ways a person could manage stress and/or increase happiness. (Reading 2.06) 2 points 1. Take a deep breath, or meditate 2. Go for a walk, even if it's just to the restroom and back.

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MyPlate encourages consumers to eat for health through three general areas of recommendation: (p. 276) 1) Balance calories:-Enjoy your food, but eat less-Avoid oversized portions 2) Increase foods:-Make half your plate fruits and vegetables-Make at least half your grains whole-Switch to fat-free or 1 % milk 3) Reduce foods:

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Health A Unit 2 Study Guide. STUDY. PLAY. resilience. the ability to recover , or "bounce back" from extreme or prolonged stress. biofeedback. the technique in which a person learns to control a specific physical function by recognizing his or her body's response. anxiety disorder.

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specific life event. persistent thoughts, fears, or urges leading to uncontrollable....

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2 hours Unit RO27 and RO30 2 Planning a one-to-one interaction - One-to-one Learners could work in pairs to create a planned interaction with a person who accesses services from a health and social care settings. The learners could identify the main themes that should be considered when planning a one-to-one interaction (this could include,

Health and Social Care LEVEL 1/2

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