**Building Health Skills**

**Health Skills**- are specific tools and strategies to maintain, protect, and improve all aspects of your health. These are also known as **Life Skills**.

***Health skills that deal with how you give and receive information are refusal skills, conflict resolution, and interpersonal communication.***

**Interpersonal Communication**- the exchange of thoughts feelings, and beliefs between tow ore more people.

\*Use I messages, communicate with respect, be an active listener\*

**Refusal Skills** -are communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that may go against your values.

**Conflict Resolution**- the process of ending a conflict through cooperation and problem solving.

\*This includes stepping away from an argument\*

**Self-Management Skills**

**Self- Management-**  means taking charge of your own health, this means you act in ways to protect your health and promote your own well-being.

**Stress**- the reaction of the body and mind to everyday challenges and demands.

\*Stress is a normal part of life, but too much stress can lead to illness\*

**Stress-Management Skills**- skills that help you reduce and manage stress in your life.

\*Exercise, relaxation, and managing time efficiently are effective ways to manage stress\*

**Advocacy**- taking action to influence others to address a health related concern or to support a health related belief.

\*Participating in these activities allows you to encourage others to practice healthful behaviors\*

**Health-Literate Consumer**

**Health Consumer**- someone who purchases or uses health products or services to make informed buying decisions.

**Advertising**- is a written or spoken media message designed to interest consumers in purchasing a product or service.

\*It provides useful information but its primary purpose is to get you to buy the product\*

\*Do comparison shopping before you buy and read product labels\*

**Comparison shopping**- or judging the benefits of different products by comparing several factors such as quality, features, and cost

**Warranty**- a company’s or a store’s written agreement to repair a product or refund your money if the product doesn’t function.

\*When evaluating a product make sure it comes from a valid source\*

**Consumer advocates**- are people or groups whose sole purpose is to take on regional, national, and even international consumer issues.

**Malpractice**- failure by a health professional to meet accepted standards

**Health Fraud**- the sale of worthless products or services that claim to prevent disease or cure other health problems.