

Peak Performance

Chapter 10 - Health and Stress

- I. Your Body as a System**
- II. Awareness**
- III. Five Strategies for Good Health Management**
- IV. Effects of Caffeine**
- V. Alcohol Abuse**
 - A. Critical Thinking About Alcohol
- VI. Facts About Cigarette Smoking**
- VII. Facts About Illegal Drugs**
 - A. Critical Thinking About Drugs
- VIII. Dealing With Addiction**
 - A. Codependency
- IX. Emotional Health**
 - A. Depression
 - B. Signs and Symptoms of Depression
 - C. Warning Signs for Severe Depression
 - D. The Suicidal Person
- X. Protecting Your Body**
 - A. Avoiding Sexually Transmitted Diseases (STDs)
 - B. Birth Control
 - C. Preventing Rape
 - D. Facts About Rape
- XI. Managing Stress**
 - A. Stress Reduction Strategies