**Health 2 Unit**

**Why are you going to get back up again when you get knocked down by life?**

If I ever get knocked down in life, that will only make me stronger then I was before because I would have gone through more struggling. A great saying that is quite common is “What doesn’t kill you makes you stronger”. I believe that this saying is very true because the more you go through something, the more experience and knowledge you will have about something. Another reason why I would always get back after being knocked down is because I know it will be worth it to give it my all in the result. I’m a competitive runner so I know what it feels like to fail if I don’t win or do good in a race. That’s why I learn from my mistakes to do better than I would have in any race since I would have more experience. During races, sometimes I feel so tired I feel like I could pass out or die, but I always think to myself that it would feel so much better once I finish the race to know that I gave it my all and got a good position other then not doing good and not giving it my all. One time I had a race and I was so tired I thought I would pass out; it was pouring rain and it was in the forest. I was so cold and wet but instead of slowing down, I used that to my advantage knowing that it would slow other people down.

**How Do Your Habits and Choices Influence Your Daily Life?**

Although many people have bad habits, my habits help me with my homework and education because I have a habit of not being able to get my mind off homework unless I do it right when I get home so that I will have more free time after. Another habit that can affect my daily life is that I like to read every night from 7pm-10pm. This habit can sometimes be bad since I lose some sleep time if I get too engaged with what I am reading, I can spend too much time reading so that could affect my sleeping schedule. This could be a problem if I have mountain biking or running the day after because it could make me less strong if I don’t get enough energy from my sleep the night before. A way I can solve this problem could be to start reading earlier so that I will have more time to read before it is time for me to go to sleep. This way I will get the benefit of reading while also getting the benefit of a good night sleep if I need to wake up early the day after.

**If you notice that you have addictive behaviors, what steps can get you back to a healthy lifestyle? Be specific.**

If you notice any addictive behaviors that you think can affect your life in a negative way, you should try to talk to a parent or trusted adult that can help get you out of an addiction. A great way to get out of an addiction can be to put your mind on something else, an example of this can be to join a sport. If you join a sport, you would have your mind on other things other than what you are addicted too therefore it could act as a distraction from something bad. Another great thing about it is that if you begin to get really passionate about that sport, you will want to buy really nice gear so instead of saving your money for things such as drugs, you would want to buy that really nice new hockey stick you’ve been dreaming about for a while. This can make you feel even better than something such as drugs since it would give you really happiness, not the fake happiness a drug can give you.

**How Can You See Yourself Using the Skills of Delay, Refusal, and Negotiation in Your Daily Life?**

Being a high school student, you need to understand how to refuse, delay or negotiate with somebody since there may be a chance that a peer or friend of yours could offer you a substance that is very bad for your health. If that ever happens to me, I think that I would use the refusal technique the most out of the 3 because if I am ever offered something addictive, I will want the person to know that I would never want to try it, if I am very assertive with my response, they will understand that there would not be a chance of convincing me to use that substance.