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istics of mental health include: • The ability to function and carry out responsibilities. • The ability to form relationships. • Realistic perceptions of the motivations of others. • Rational, logical thought processes. • The ability to adapt to change and to cope with adversity. Culture also helps to define psychological health.

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Chapter 14 Tobacco 477. and \$4 each, are replaced daily during therapy programs that run between 6 and 16 weeks. Extended use for 24 weeks rather than the standard eight provides added benefit.²³ Some patches deliver nicotine around the clock and others for just 16 hours (during waking hours).

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426 Section IV Making Healthy Choices The median age of first alcohol use is 15. Drink-ing typically increases in the late teens, peaks in the early 20s, and decreases as people age.

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314 Section III Responsible Sexuality conception The merging of a sperm and an ovum. spermatogenesis The process by which sperm cells are produced. fertilization The fusion of sperm and egg nucleus.

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health. A way of life you design to achieve your highest potential. • A process of developing awareness that health and happiness are possible in the present. • The integration of body, mind, and spirit. • The belief that everything you do, think, and feel has an impact on your state of health and the health of the world. Health is the ...

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