**HEALTH 11 VIDEOS:**

**Intro Day:**

1. How to Develop a Growth Mindset: <https://www.youtube.com/watch?v=9DVdclX6NzY>
2. 8 Secrets of Success: <http://new.ted.com/talks/richard_st_john_s_8_secrets_of_success>
3. Your Body Language Shapes who you are: <http://new.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are>

**Ch. 1, Accessing Your Health:**

1. What causes Wellness: <https://www.youtube.com/watch?v=yEh3JG74C6s>
2. Desire: https://www.youtube.com/watch?v=CMm6tDavSXg

**Ch. 2, Promoting and Preserving Your Psychological Health:**

1. Mental Health Awareness: <https://www.youtube.com/watch?v=wwn52-d6Sc0>
2. Psychological Disorders- Crash Course: <https://www.youtube.com/watch?v=wuhJ-GkRRQc>

**Ch. 2 FOCUS, Cultivating Your Spiritual Health:**

1. Look at yourself after watching this: <https://www.youtube.com/watch?v=Gc4HGQHgeFE>
2. Never, ever give up: <http://new.ted.com/talks/diana_nyad_never_ever_give_up>

**Ch. 3, Managing Stress and Coping with Life’s Challenges:**

1. The happy secret to better work: <http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work>
2. 90:10 The single best thing you can do for stress: <https://www.youtube.com/watch?v=I6402QJp52M>

**Ch. 3 FOCUS, Improving your Sleep:**

1. How to sleep better: <https://www.youtube.com/watch?v=3eLfn7Ewx_s>

**Ch. 4, Preventing Violence and Injury:**

1. Before you judge someone, watch this: <https://www.youtube.com/watch?v=I2RHLgrQeZ0>
2. Injury prevention research: <https://www.youtube.com/watch?v=zy_WLuNJjQA>
3. Extreme Ownership: https://www.youtube.com/watch?v=ljqra3BcqWM

**Ch. 5: Building Healthy Relationships and Understanding Sexuality:**

1. Tony Robbins & Sage Robbins: Relationships Video: <https://www.youtube.com/watch?v=q3a0F3lIWNc>
2. The Power of Vulnerability: <https://www.youtube.com/watch?v=iCvmsMzlF7o>
3. Creating boundaries in relationships: <https://www.youtube.com/watch?v=FpjND831T2w>

**Ch. 6: Considering Your Reproductive Choices:**

1. Which birth control method is right for you? <https://www.youtube.com/watch?v=u9SHoy1C3tU>
2. How a baby develops during pregnancy: <https://www.youtube.com/watch?v=h82ltr84_Yg>

**Ch. 7: Recognizing and Avoiding Addiction and Drug Abuse:**

1. How addiction changes the brain: <https://www.youtube.com/watch?v=5f1nmqiHIII>
2. How sugar affects the brain: <https://www.youtube.com/watch?v=lEXBxijQREo>

**Ch. 8: Drinking Alcohol Responsibly and Ending Tobacco Use:**

1. The ripple effect of substance abuse: <https://www.youtube.com/watch?v=hN7VSdyBgBM>
2. DUI Prevention: <https://www.youtube.com/watch?v=C7_ltiWGavw>
3. What is the single best thing you can do to quit smoking? https://www.youtube.com/watch?v=z16vhtjWKL0

**Ch.9: Eating for a Healthier You:**

1. What’s wrong with our food system: <http://new.ted.com/talks/birke_baehr_what_s_wrong_with_our_food_system>
2. Nutrition: <https://www.youtube.com/watch?v=6bKbFb9Z5oc>

**Ch. 10: Reaching and Maintaining a Healthy Weight:**

1. Dr. Hyman on Martha Stewart, Part 1: <https://www.youtube.com/watch?v=45oW_5BLfxw>
2. Dr. Hyman on Martha Stewart, Part 2: <http://www.youtube.com/watch?v=4mSV8UFtGFc>
3. What is body composition: <http://www.youtube.com/watch?v=61k7MmtoFFc>
4. The perfect diet to improve body composition: <https://www.youtube.com/watch?v=RazjdRNTLSo&index=27&list=PLqmACbb0gE-9n4RPotp9QI5kdk24_EpiY>

**Ch. 10 FOCUS: Enhancing Your Body Image:**

1. 11 Facts about body image: <https://www.youtube.com/watch?v=31Ajvix6DXs>
2. Effects of Mass media on teens: https://www.youtube.com/watch?v=GgUE4BeWM-g
3. Self-Esteem Tips: Dealing with Body Image Issues: <https://www.youtube.com/watch?v=IgqMqtnTJeE>

**Ch. 11: Improving your Personal Fitness:**

1. Your fitness test: <https://www.youtube.com/watch?v=KLc82yOZCww&index=17&list=PLqmACbb0gE-9n4RPotp9QI5kdk24_EpiY>
2. Health, Fitness, and Happiness: <https://www.youtube.com/watch?v=RQupiauyZYE>
3. Why do we fall: <https://www.youtube.com/watch?v=mgmVOuLgFB0>

**Ch. 12: Reducing Your Risk of Cardiovascular Disease and Cancer:**

1. Preventing Heart Disease starts with you: <http://fox6now.com/2014/02/07/preventing-heart-disease-starts-with-you/>
2. What is Cancer: <https://www.youtube.com/user/1cancercenter?v=SGaQ0WwZ_0I>
3. Cancer Facts- how does diet affect the prevention of cancer: <https://www.youtube.com/watch?v=h-tcudWc-tI>

**Ch. 12 FOCUS: Minimizing Your Risk for Diabetes:**

1. Diabetes Basics: What is diabetes? <https://www.youtube.com/watch?v=jHRfDTqPzj4>
2. Weight Loss, Water, and Habits: <https://www.youtube.com/watch?v=wXPZO3yiC3E&list=PLqmACbb0gE-9n4RPotp9QI5kdk24_EpiY&index=41>

**Ch. 13: Protecting against Infectious and Noninfectious Diseases:**

1. STD and STD Symptoms: <https://www.youtube.com/watch?v=XcPCY83FIvk>
2. How can I reduce my risk of getting a sexually transmitted disease: <https://www.youtube.com/watch?v=PKiPfX80pK4>

**Ch. 14: Preparing for Aging, Death, and Dying:**

1. Life’s Third Act: <http://new.ted.com/talks/jane_fonda_life_s_third_act>
2. How exercise reduces aging: <https://www.youtube.com/watch?v=9lSrBTwyozk>

**Ch. 15: Promoting Environmental Health:**

1. CDC’s Tracking Network: Working Toward a Healthier Planet for Healthier People: <https://www.youtube.com/watch?v=J42CLZH1NlE>
2. Health Begins at Home: <https://www.youtube.com/watch?v=Uooj0nsTRVg>

**Research Project**

1. How to write a good term paper: <http://www.youtube.com/watch?v=Ya_GJxFHzYs&feature=youtu.be>