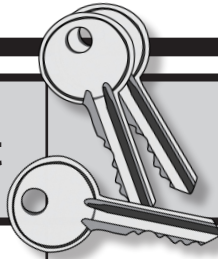




# Positive Health With the Help of Self Management



## Key to Self Management

## Using the Keys With My Health Behavior

Assess accurately personal skills, attributes, and habits

Choose habits that promote health and personal and social responsibility

Assess situations and decide on healthy choices

Know and use strategies to avoid injury

Manage and express emotions constructively, including anger

Know and use strategies to manage stress