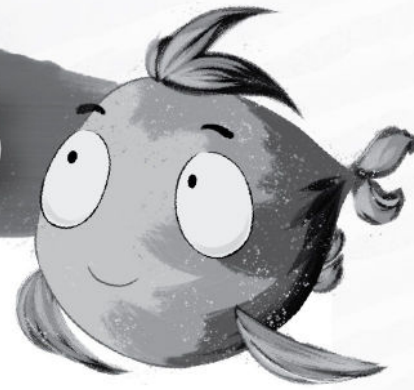


DEFINITIONS

MODULE 1



Active choice refers to a decision-making strategy that involves making conscious and deliberate choices by taking the time to consider all available options and make an informed decision.

Brain health refers to a state where all areas of the brain are functioning to help support your ability to move your body, think clearly, label and understand emotions, process sensations in the body, and manage challenges and stressors.

Elements include all of the things that are in those environments like all of the ingredients it takes to make a salad like lettuce and other vegetables.

An **Integrated brain** has strong connections between important areas of the brain that support you in experiencing sensations, emotions, and thoughts while also being able to connect with those around you and deal with stress in healthy ways.

Neuroplasticity allows your brain to adapt by forming, changing or removing connections between neurons when you gain knowledge or skills, encounter something new, or experience profound emotions like awe or grief.

Neurons are also known as nerve cells, and they are the fundamental units of the brain and nervous system. Neurons communicate by transmitting nerve impulses to other neurons.

Physical environment provides a safe and supportive space for you to maintain and improve your health. It includes factors such as clean water and air, safe and nutritious food, safe transportation systems, and access to healthcare.

Protective factor is an element in a person's physical or social environment that reduces the risk of negative outcomes and promotes healthy development and well-being. Protective factors help individuals cope with stress, resist risky behaviors, and recover from adversity.

Risk factor is an element in a person's physical or social environment that is associated with a higher likelihood of negative outcomes and can contribute to both physical and mental illness. Risk factors can increase stress, increase risky behaviors, and reduce ability to recover from adversity.

Social environment is the immediate social setting in which people live or in which something happens or develops. It includes people you connect with such as your friends, teachers, coaches, and parents.