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sions you make can affect every component of your health. Learning to use life skills will boost your wellness throughout your lifetime. However, using life skills takes practice. Just as an ex-perienced builder makes a better house, you can practice life skills to build a healthier life! life skills. Building Life Skills SECTION SECTION ...

### CHAPTER 2 CHAPTER 2 Skills for a Healthy Life

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Defining Essential Life Skills. There is no definitive list of life skills. Certain skills may be more or less relevant to you depending on your life circumstances, your culture, beliefs, age, geographic location, etc. However, in 1999, the World Health Organization identified six key areas of life skills: Communication and interpersonal skills.

## **What are Life Skills? | Skills You Need**

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