What is the Health Triangle?

Brainstorm:
What is the definition of health?
What is Health?

- Is a combination of your physical, mental/ emotional, and social well-being.
- It affects everything about you.
  - How you look, feel, and act.
  - Your attitude and performance in school, work, and recreation.
  - How successful your relationships will be.
  - Determine some of your goals and your ability to accomplish them.
4 Tips to Staying Healthy
Physical Health

In general, is taking care of your body.

To improve and maintain your physical health you need to:

- Have proper nutrition
- Participate in regular physical activity
- Good hygiene
- SLEEP!!!!!!!!!!!!!!!
Mental/Emotional Health

Your feelings about yourself, how well you meet the demands of daily life, and your ability to process information.

A person with good mental/emotional health can:

- Accept responsibilities for their actions.
- Can appropriately express feelings.
- Ability to cope with everyday stresses.
Social Health

- Involves the way you get along with the people in your life.

- It involves:
  - Your ability to make and keep friends.
  - Ability to lend support when necessary.
  - Communicating with those involved in your life.
  - Showing respect for others.
The Health Triangle

- The three elements are interconnected.
- One side receives too much/little attention the other sides are effected as well.
- Keep all three sides in balance to stay “healthy”.
Dimensions of Wellness

- **Physical**: eating well, exercising, responsible decision making, doctors visits
- **Emotional**: trust, self-esteem, self-confidence
- **Intellectual**: openness to new ideas, questioning and thinking critically, creativity
- **Spiritual**: beliefs, principles, values
- **Social**: communication skill, participating in the community
- **Environmental**: health of the planet, water pollution
What Influences Your Health?

- **Heredity**: All traits that were biologically passed on to you from your parents.

- **Environment**: The sum of your surroundings.
  - Physical and Social environment.

- **Culture**: Collective beliefs, customs, and behaviors of a group.
  - Attitude
  - Behavior
  - Media
  - Technology
Total Health Assessment

- This health inventory has no right or wrong answers. This assessment of your personal habits is a learning tool that is meant to persuade you to change some behaviors.

- Rating Scale:
  5 = almost always practice (90-100%), or yes
  4 = practice most of the time (61-89%)
  3 = practice about half the time (40-60%), does not apply
  2 = practice some of the time (11-39%)
  1 = practice rarely or never (0-10%)
  0 = No