

What is the Health Triangle?

Brainstorm:

What is the definition of health?



What is Health?

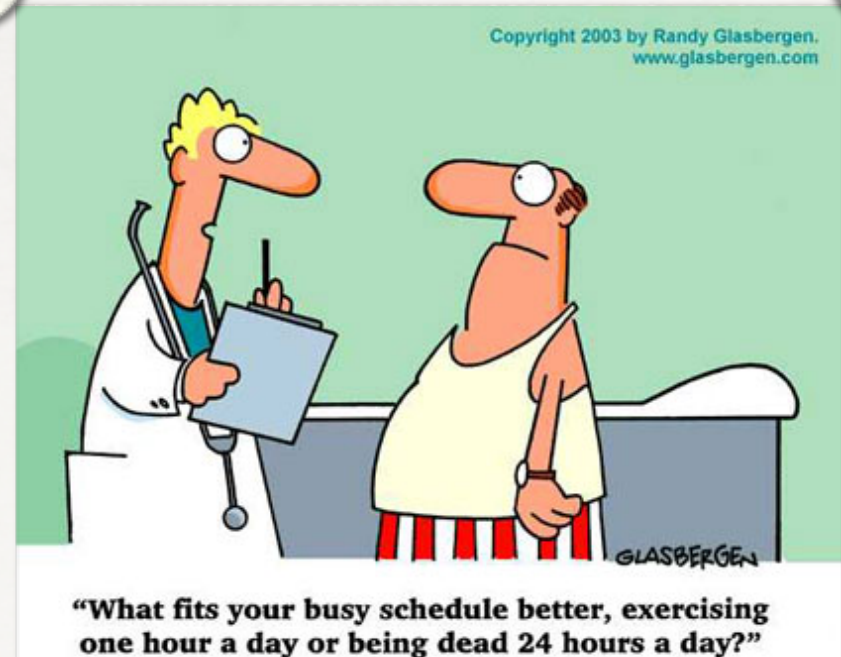
- # Is a combination of your physical, mental/emotional, and social well-being.
 - # It affects everything about you.
 - How you look, feel, and act.
 - Your attitude and performance in school, work, and recreation.
 - How successful your relationships will be.
 - Determine some of your goals and your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