



[types of health graphic](#) | [Maslow's hierarchy of needs graphic](#)

[the world book](#)

1. Physical health
 - a. "the state of your physical body and how well it is operating"
 - b. Physical activity – includes strength, flexibility, and endurance.
 - c. Nutrition and diet – includes nutrient intake, fluid intake, and healthy digestion.
 - d. Alcohol and drugs – includes the abstinence from or reduced consumption of these substances.
 - e. Medical self-care – includes addressing minor ailments or injuries and seeking emergency care as necessary.
 - f. Rest and sleep – includes periodic rest and relaxation, along with high-quality sleep.
2. Mental health
 - a. "a level of psychological well-being or an absence of mental illness."
 - b. "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment"
3. Emotional health
 - a. "refers to a person's feelings which encompasses everything about you"
 - b. governs all of your decisions, your mood, and who you are
4. Social health
 - a. "how you get along with other people, which involves your ability to form satisfying interpersonal relationships with others"
 - b. "relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings."

5. Environmental health
 - a. “field of science that studies how the environment influences human health and disease”
 - b. Environment = things in the natural environment like air, water, and soil, and also all the physical, chemical, biological, and social features of our surroundings
6. Spiritual health
 - a. “possessing, meaning, and purpose in life; having a clear set of beliefs and living in accordance with your morals, values, and ethics”
 - b. religious faith, beliefs, values, ethics, principles, and morals. Some gain spirituality by growing in their personal relationships with others, or through being at peace with nature

They also have an additional 4 types: **Family Health, Sexual and Reproductive Health, Occupational Health, and Public Health.**

^^ Oxford comma :(

[mental vs emotional health](#)

Main differences:

1. Processing information (m) versus expression emotion (e)
2. One can thrive while the other struggles
 - a. “For example, while struggling with a mental health problem like having little energy for daily tasks, you can still exhibit emotional health by finding effective ways to manage that lack of energy.”
3. Scope of the two terms
 - a. Mental is more broad
 - b. Emotional is specifically “actively understanding and managing your emotions”