

What is Health?

THE COMBINATION OF
PHYSICAL,
MENTAL/EMOTIONAL, AND
SOCIAL WELL-BEING.

Health is **YOUR** responsibility.

- Every decision you make affects your health.
- What you did last week or yesterday affects you.
- Did you eat right, rest, socialize?
- Did you find time to relax and be happy and do things you like?

Six Dimensions of YOUR Health...



PHYSICAL

SOCIAL

SPIRITUAL

Environment

mental/
emotional

HEREDITY

- Our Heredity/Genetics: *our family health history*
- Our Environment: *our surroundings. (house/room, car, backpack)*
- Attitude: *are we being optimistic or pessimistic?*
- Behavior: *are we making good choices?*
- Media: *what are we watching? listening to?*
- Technology: *do we spend lots of time on electronic devices?*

WHAT DO YOU HAVE CONTROL
over?

These all influences YOUR Health.

Physical Health

- Do you exercise?
- How much sleep do you get each night?
- Do you have a healthy diet?
- Do you have good personal hygiene?
- Are you physically active in a sport/dance/activity?



Social Health

- ❑ What types of friends do you surround yourself around?
- ❑ What are your communication skills like?
- ❑ How well do you get along with others?
- ❑ Are the relationships in your life healthy? (family, dating, marriage)



Mental/Emotional Health

How do you handle stress?

Do you handle your emotions in a healthy manner?

Are you happy?

What is your process of making a decision?

What is your perception and attitude on life?



Environment

- What are our current living and family situations?
- Can the weather affect your moods?
- Do we have a job we like or is it really stressful?
- Is school difficult or enjoyable?
- Do you feel safe throughout your day?

How does our environment affect our health?

Spiritual Health

- ❑ Do you have some sort of belief system?
 - ❑ morals, values, standards

- ❑ Do you feel like you belong somewhere?
 - ❑ self-esteem and self-confidence

Heredity

All traits that were biologically passed on to you from your parents.

Inheritable Traits:

- ☐ Looks
- ☐ Disabilities
- ☐ Cancer/Disease

Keep a Balance...



We always need to make sure we are balancing ALL six dimensions of Health.

Resources.

http://www.londonderrynh.net/wp-content/uploads/2008/12/20081210_exercise.jpg

http://pixabay.com/p-147053/?no_redirect