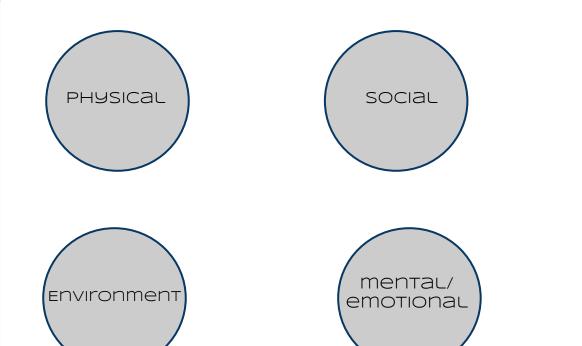
# What is Health?

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...







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

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 you 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