

Health Unit

Understanding personal Health

Dimensions of health

Needs

Coping Mechanisms

Dimensions of Health

- Physical
- Intellectual
- Emotional
- Spiritual

Write down one thing you do to keep yourself...

- ...physically healthy
- ...Intellectually healthy
- ...Emotionally healthy
- ...Spiritually healthy

Physical Health

Allowing your body to work to it's full potential in order to abstain from illness and injury



People who are physically healthy...

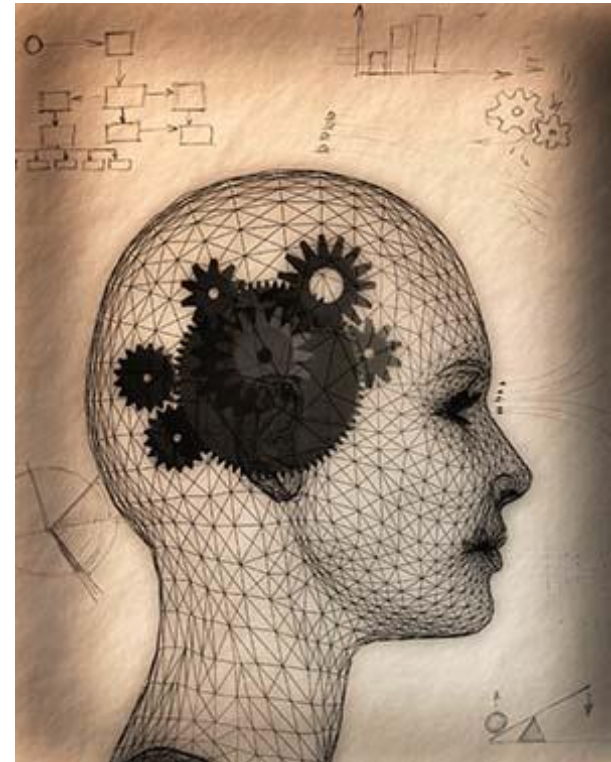
- Balance
- Cardiovascular endurance
- Coordination
- Flexibility
- Muscular strength and endurance
- Speed
- Rarely get sick or injured
- Have strong bones

How To Be Physically Healthy

- **Exercise** (at least 30 minutes a day)
- **Nutrition:** Make healthy eating choices
- **Sexual Health:** protect yourself from STIs
- **Sleep:** Get at least 8 hours of sleep each night
- **Abstain from drugs and alcohol** (including tobacco)

Intellectual Health

- How well your cognitive and thinking functions work
- How your brain processes new and old information



People who are intellectually healthy are...

- Are open to new ideas and are willing to take on a challenging project
- Sense of Humor
- Are creative and curious and never stop learning.
- Trust your ability to make good decisions.
- Challenge yourself to see more than one side of an issue.
- Are a creative and resourceful person.
- Don't believe all you read or see on TV, but think critically about it instead.

Ways to increase Intellectual Health

- Read: Read something! Anything!
- Debate on issues with a friend
- Learn study skills
- Play board games or cards
- Learn how to play a new instrument
- Journal
- Write Crosswords or Sodoku

Emotional Health

People who are emotionally healthy are in control of their emotions and behaviour. They are able to handle life's challenges and build strong relationships and recover from setbacks.



People who are emotionally healthy have...

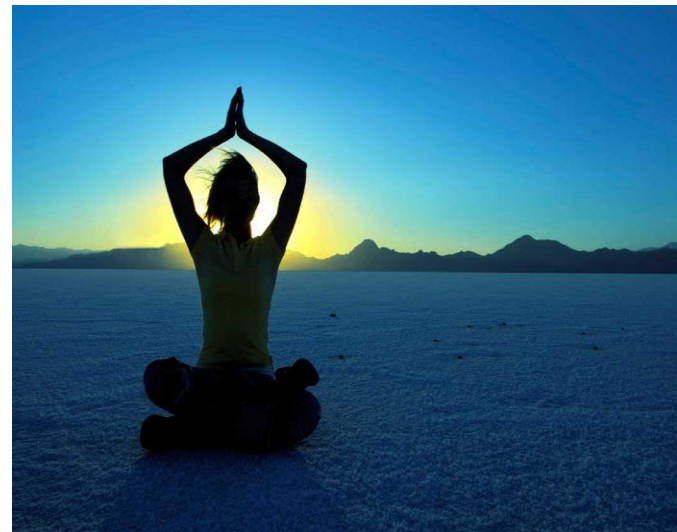
- A sense of contentment.
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new things and adapt to change.
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships.
- Self-confidence and high self-esteem.

Ways to increase Emotional Health...

- Find something you enjoy doing and do it often
- Learn or discover new things
- Limit unhealthy mental habits and relationships
- Discuss your thoughts and feelings with others
- Make time for yourself
- Do things that positively impact others

Spiritual health

Spirituality is the way you find meaning, hope, comfort and inner peace in your life. Many people find spirituality through religion. Some find it through music, art or a connection with nature. Others find it in their values and principles.



People who are spiritually healthy ...

- Can identify things that make them happy
- Can find acceptance within themselves and of others
- Feel like they have a place in the world
- Feel their life has purpose
- Have a set of standards to which they live by
- Accept themselves and others

Ways to increase your spiritual health...

- Travel
- Join a group (church, book club, outdoors club, etc.)
- Go Camping
- Go for a Hike
- Photography
- Meditate
- Seek out new and different ways of thinking
- Appreciate what it is you have, instead of focusing on what you don't have

Social Health

- Refers to the health of a person in reference to his or her ability to interact with others and thrive in social settings.

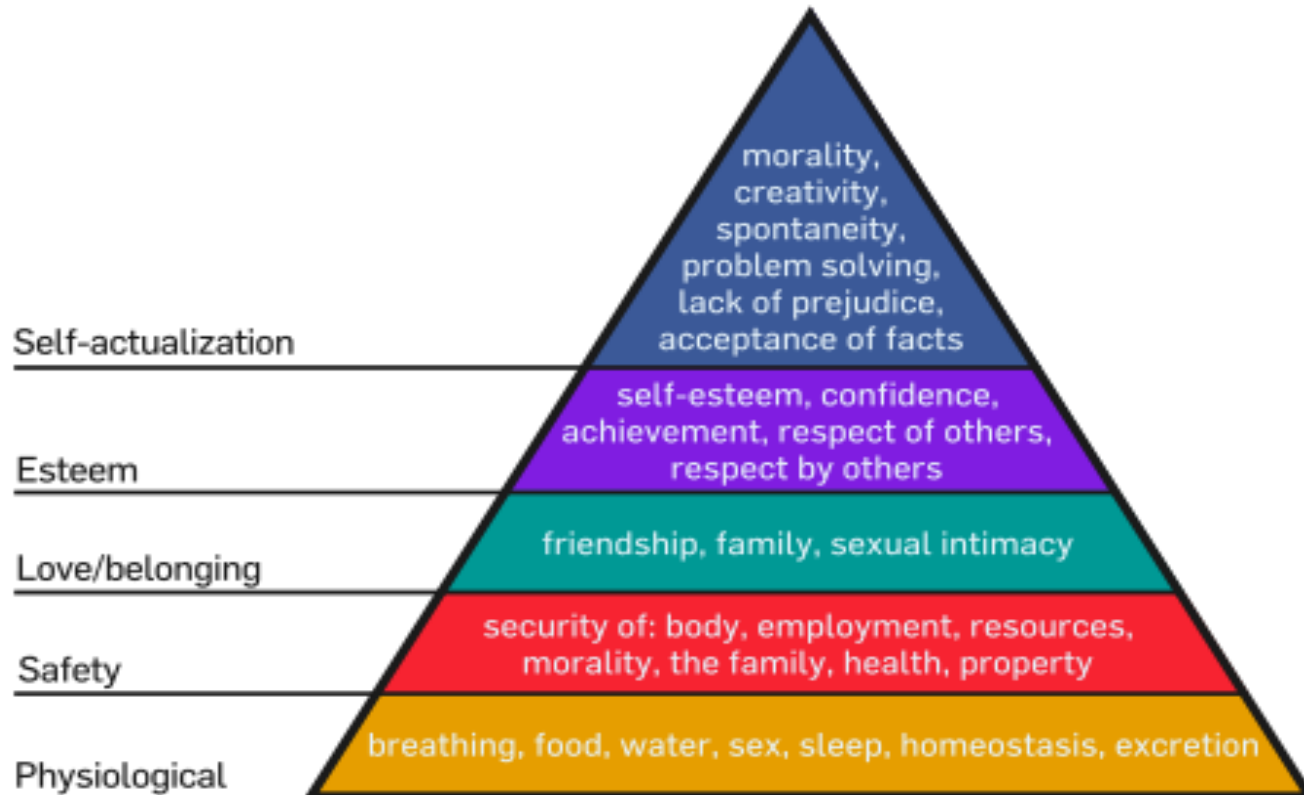
People who are socially healthy...

- Maintain important relationships
- Make friends
- Know how to communicate effectively
- Have close friends they can count on
- Know the difference between a healthy and unhealthy relationship

Ways to stay socially healthy...

- Make time for friends
- Talk on the phone
- Plan activities with friends
- Skype!
- Study together
- Go on a trip together
- Go out for dinner
- Host a potluck

Maslow's Hierarchy of Needs



Stress is...

- A mentally or emotionally disruptive or upsetting condition occurring in response to external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, and depression.

Anxiety is...

- A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Coping Mechanisms

When life becomes overwhelming, or when you feel your emotions are out of control, there are a few simple things you can do to help yourself relax.....

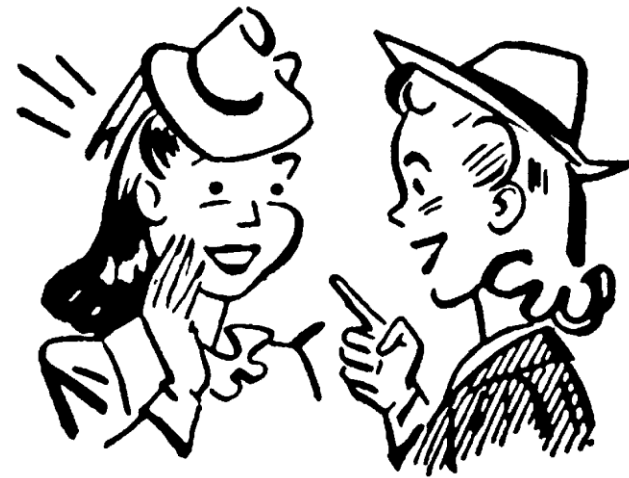


- Light some candles and take a bath
- Go to a park or the beach and read a book
- Practice Deep Breathing
- Blow bubbles
- Exercise
- Meditate
- Practice Yoga
- Bake something
- Write a letter to someone
- Go shopping
- Listen to music
- Dance
- Hang out with friends

When dealing with a tough situation...

- Use the 24 hour rule
- Remove yourself from the situation and reflect
- Don't answer right away
- Write a letter explaining your thoughts/feelings
- Agree to disagree
- Weigh out the positives and negatives

And most importantly...
EXPRESS YOURSELF



Your Turn...

- Make a New Years Resolution to be more healthy! Write a list of activities that you will actually do in order to keep your body, spirit and mind healthy. This should be in a paragraph format. 4-6 sentences.
- Finished? Place in your portfolio for marking.