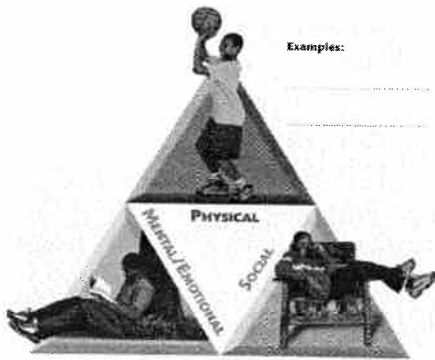


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Learning About YOUR Health: LESSON 1 WHAT IS HEALTH?



Examples:

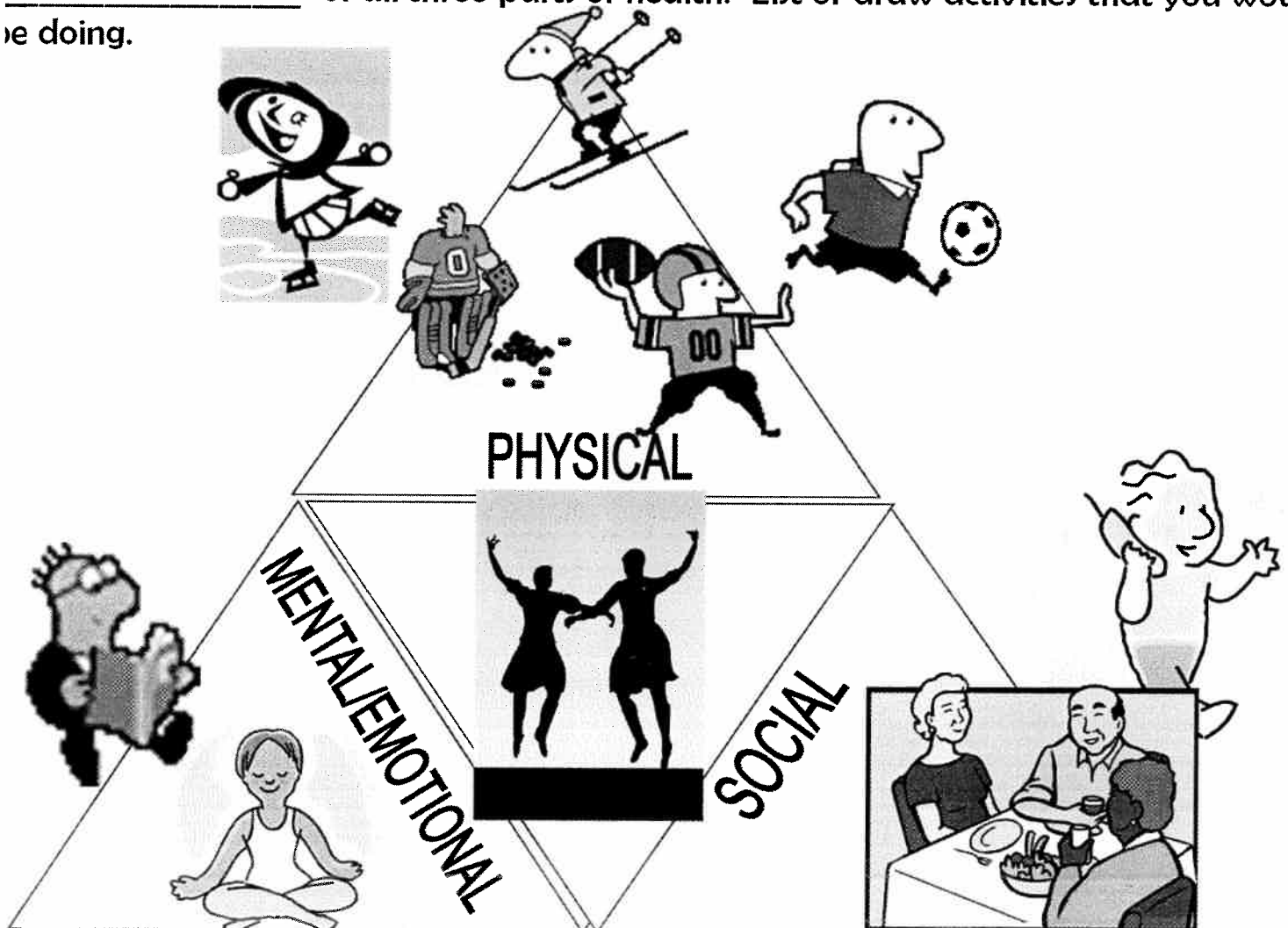
Learn about . . .

- A definition for health
- The three parts of health
- How to balance the three parts of health
- The relationship between Health and wellness

In your own words, write a definition of health. \_\_\_\_\_

HEALTH is a combination of **COMBINATION OF PHYSICAL, MENTAL/EMOTIONAL, SOCIAL WELL-BEING**

Look at figure 1.1 on page 5 of your textbook. Total health requires a **BALANCE** of all three parts of health. List or draw activities that you would be doing.





# PHYSICAL HEALTH



The Condition of your           BODY          .

## THINGS YOU CAN DO TO KEEP YOUR BODY STRONG AND HEALTHY:

Eat a well balanced           DIET          .

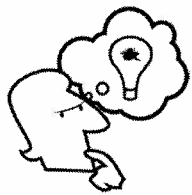
Participate in regular PHYSICAL           ACTIVITY          .

Get at least           NINE           hours of sleep each night.

Have regular           HEALTH           screenings.

Avoid TOBACCO,           ALCOHOL          , and other DRUGS.

Avoid unnecessary           RISKS          .



# MENTAL/ Emotional HEALTH



RELATES TO YOUR

THOUGHTS, and           FEELINGS          .

## THINGS YOU CAN DO TO KEEP YOURSELF MENTALLY AND EMOTIONALLY HEALTHY:

Face difficult situations with a           POSITIVE           and REALISTIC outlook.

          IDENTIFY          ,           EXPRESS          , and MANAGE your feelings appropriately.

Set           PRIORITIES           so that you can handle all of your RESPONSIBILITIES.

Be           PATIENT           with yourself as you learn new           SKILLS          .

Accept responsibility for your           ACTIONS          .

# SOCIAL HEALTH

The ways in which you RELATE  
to other PEOPLE.

## THINGS YOU CAN DO TO form strong social connections:

Support and value members of your FAMILY.

Have a FRIENDLY, open ATTITUDE  
towards other people.

Pay attention to WHAT you say and  
HOW you say it.

Be a LOYAL, TRUTHFUL, and  
DEPENDABLE friend.

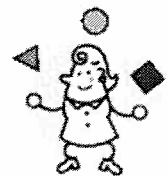
Learn to DISAGREE without  
ARGUING and show RESPECT for  
others

Don't INSULT or put others DOWN.

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# WELLNESS



WELLNESS IS BALANCED HEALTH.

## HEALTH VS. WELLNESS

HEALTH is how you are doing at a particular MOMENT.

Your health is constantly CHANGING.

VS.

WELLNESS is how you BALANCE the three  
sides of your triangle over a LONG time.