

Health and Wellness Leading a Healthy Life

Health and Wellness
Chapter 1: Section 2
Pages 11-16

Objectives

By the end of this lesson, students will have been able to do the following:

- Describe each of the six components of health.
- State the importance of striving for optimal health.
- Describe four influences on wellness.
- Describe three ways to take charge of one's wellness.
- Name two ways one can improve two components of his/her health.

Key Terms

- **Health**
 - The state of well-being in which all of the components of health—physical, emotional, social, mental, spiritual, and environmental—are in balance
- **Value**
 - A strong belief or ideal
- **Wellness**
 - The achievement of a person's best in all six components of health
- **Health literacy**
 - Knowledge of health information needed to make good choices about one's health

Bell ringer Activity

- Write a paragraph that describes a person you know and consider to be healthy.
- Identify activities you think this person does to be healthy.
- Identify any other activities he or she could do to enhance his or her health.

Motivation

- Write in your own words the definition of the word HEALTH.
- Draw an illustration of health.

Health

- The state of well-being in which all of the components of health...are in balance.
 - Physical
 - Emotional
 - Social
 - Mental
 - Environmental
 - Spiritual



PHYSICAL HEALTH

- The way your body functions.
 - Eat a well-balanced diet
 - Exercise regularly
 - Avoid tobacco, alcohol, and drugs
 - Free of disease



EMOTIONAL HEALTH

- Expressing your emotions (feelings) in a positive, non-destructive way
 - Expressing emotions constructively
 - Asks for help when sad



SOCIAL HEALTH

- The quality of your relationships with friends, family, teachers, and others you are in contact with.
 - Respects others
 - has supportive relationships
 - Expresses needs to others



MENTAL HEALTH

- The ability to recognize reality and cope with the demands of daily life.
 - Has high self-esteem
 - Enjoys trying new things
 - Is free of mental illness



ENVIRONMENTAL HEALTH

- Keeping your air and water clean, your food safe, and the land around you enjoyable and safe.



- Has access to clean air and water
- Has a clean and uncrowded living space
- Recycles used paper, glass products, and aluminum





SPIRITUAL HEALTH

- Maintaining harmonious relationships with other living things and having spiritual direction and purpose. It mean that you are at peace with yourself and those around you.
 - Has a sense of purpose in life
 - Follows morals, values and ethics
 - Feels a unity with other human beings



Wellness: Striving for Optimal Health

- The achievement of a person's best in all six components of health.
- Influences on your wellness
 - Hereditary influences (inherited traits)
 - Social influences (relationships)
 - Cultural influences (values, beliefs, practices)
 - Environmental influences (surroundings)



Taking Charge of Your Wellness

- **Knowledge**

- Health literacy
 - health information needed to make good choices about your health



- **Lifestyle**

- Behavioral changes
 - Putting knowledge into action

- **Attitude**

- Your way of thinking (greatly affects your health)



Closure

- What is the health component that refers to your values, ethics, and morals?
- Distinguish between social health and environmental health.

Works Cited

- Friedman, D. P., Stine, C.C., and Whalen, S. (2004). Lifetime Health. Austin, Texas: Holt, Rinehart, and Winston.
- Images. Retrieved on March 10, 2006 from <http://www.images.google.com>