

# **Understanding Health and Wellness**

***Your Total Health***

# Take Charge of Your Health

Every day, you make decisions that shape your health.



## Key Term

### Health

The combination of physical, mental/emotional, and social well-being

**It's important to balance your physical, mental/emotional, and social health.**

# Physical Health

**Physical** health is all about how well your body functions.

## Five Tips for Physical Health

Get **eight to ten** hours of sleep each night.

Eat nutritious meals and drink **eight cups** of water each day.

Engage in 30 to 60 minutes of physical **activity** every day.

**Avoid** the use of tobacco, alcohol, and other drugs.

**Bathe** daily, and floss and brush your teeth every day.

# Mental/Emotional Health

**Mental/emotional** health is about your feelings and thoughts. It's a reflection of:

- How you feel about yourself.
- How you meet the **demands** of your daily life.
- How you **cope** with the problems that occur in your life.

Emotions and Stress

# Mental/Emotional Health

## Characteristics of Mentally and Emotionally Healthy People

Enjoy challenges.

Accept responsibility for their actions.

Have a sense of control over their lives.

Can express their emotions in appropriate ways.

Usually can deal with life's stresses and frustrations.

Have a positive outlook.

Make thoughtful and responsible decisions.

# Spiritual Health

Spiritual health involves having a feeling of **purpose** and a sense of values.



## *Key Term*

### **Spiritual health**

A deep-seated sense of meaning and purpose in life

# Social Health

**Social** health is getting along with others.

## Tips for Maintaining Healthy Relationships to Care for Your Social Health

Seek and lend **support** when needed.

**Communicate** clearly and listen to others.

Show **respect** & care for yourself and others.

# Keeping a Balance

When your health triangle is balanced, you have a high degree of **wellness**.



## Key Term

### **Wellness**

An overall state of well-being or total health.

Wellness comes from making responsible decisions and practicing healthful behaviors that are based on sound health **knowledge** and healthful attitudes.

# **Understanding Health and Wellness**

***What Affects Your Health?***

# Influences on Your Health

Understanding these influences will help you make informed decisions about your health.

# Heredity

Your heredity **influences** your health. Ask your parent or grandparent questions about what health conditions and diseases run in your family.



## **Key Term**

### **Heredity**

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

# Environment

Your environment includes

The physical  
**places** in  
which you live.

The **people**  
who make up  
your world.

The **culture**  
you live in.



## *Key Term*

### **Environment**

The sum of your surroundings

# Attitude

Your **attitude** is the way you view situations.  
It can have a big effect on your health.

**Optimists** are usually in better health than pessimists.

# Understanding Your Influences

You can take control of your health by understanding the factors that influence it.

Understanding these influences and committing to a healthy lifestyle are the **first steps** toward achieving and maintaining wellness.

# **Understanding Health and Wellness**

***Health Risks and Your  
Behavior***

# Identifying Health Risks

Engaging in risk behaviors can **harm** your health.

You can **control** most risk behaviors.



## **Key Term**

### **Risk behaviors**

Actions that can potentially threaten your health or the health of others

Choose friends who  
avoid high-risk  
behaviors.

# Abstaining from High-Risk Behaviors

One of the **most** effective strategies for protecting your health is practicing abstinence.



## Key Term

### Abstinence

A deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs

## Reasons to Practice Abstinence

- ✓ **Protect** yourself from chronic diseases.
- ✓ **Protect** yourself from injury.
- ✓ Show that you **value** your well-being.
- ✓ Demonstrate **maturity**.

# Lifestyle Factors

Scientists have found that positive lifestyle factors **improve** people's overall health, happiness, and longevity.



## **Key Term**

### **Lifestyle factors**

The personal habits or behaviors related to the way a person lives

# Lifestyle Factors

Let's Make Our Day  
Harder

## Positive Lifestyle Factors

Get eight hours of sleep each night.

Start each day with a healthy **breakfast**.

Eat a **variety** of nutritious foods each day.

Be physically active for 30 to 60 minutes most days of the week.

Maintain a healthy **weight**.

**Abstain** from smoking or using other tobacco products.

Abstain from the use of alcohol and other drugs.

# **Taking Charge of Your Health**

***Building Health Skills***

# Learning Health Skills

Health skills are also called *life skills*, because once you've developed these skills, you can use them throughout your life to stay healthy.



## Key Term

### **Health skills**

Specific tools and strategies to maintain, protect, and improve all aspects of your health

# Communication Skills

Three health skills—interpersonal communication, refusal skills, and conflict resolution—deal with how you give and receive information.



## **Key Term**

### **Interpersonal communication**

The exchange of thoughts, feelings, and beliefs between two or more people

# Communication Skills...

**Interpersonal  
Communication  
Skills.**

## Interpersonal Communication Skills

Use **"I" messages**  
to express your  
feelings.

Communicate  
with **respect** and  
caring.

Be an active  
**listener.**

You can use these methods to strengthen your interpersonal communication skills.

# Communication Skills...

These **refusal strategies** can help you say no to potentially harmful activities firmly, respectfully, and effectively.



## Key Term

### Refusal skills

Communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values

- **Say No in a Firm Voice.** Do this calmly and clearly. Use expressions such as “No, I’d rather not.”
- **Explain Why.** State your feelings. Tell the other person that the suggested activity or behavior goes against your values or beliefs.
- **Offer Alternatives.** Suggest a safe, healthful activity to do instead of the one offered.
- **Stand Your Ground.** Make it clear that you don’t intend to back down from your position.
- **Leave if Necessary.** If the other person continues to pressure you, or won’t take no for an answer, simply walk away.

# Conflict-Resolution Skills

Conflict resolution skills can help people resolve problems in ways that are agreeable to everyone involved.



## *Key Term*

### **Conflict resolution**

The process of ending a conflict through cooperation and problem solving

# Accessing Information

Knowing how to find and **evaluate** health information will help you make decisions that benefit your well-being.

To decide whether health information is **valid**, determine the reliability of the group or individual sharing the information.

# Accessing Information...

## Valid sources of health information

Health care providers  
and **professionals**

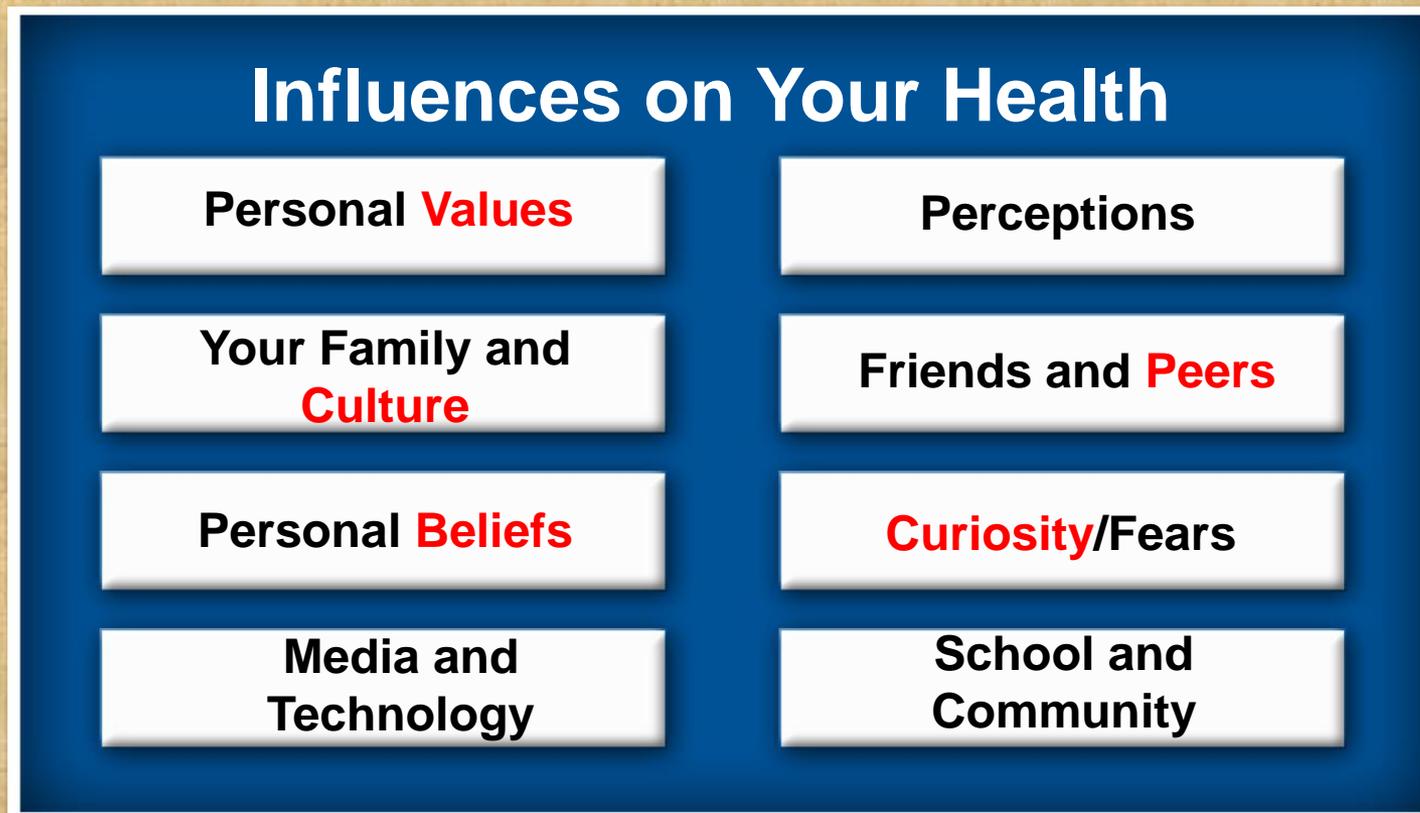
**Internet** sites from  
government agencies and  
professional health  
organizations

Parents, guardians, and  
other **trusted** adults

**Recently** published material  
written by respected, well-  
known science and health  
professionals

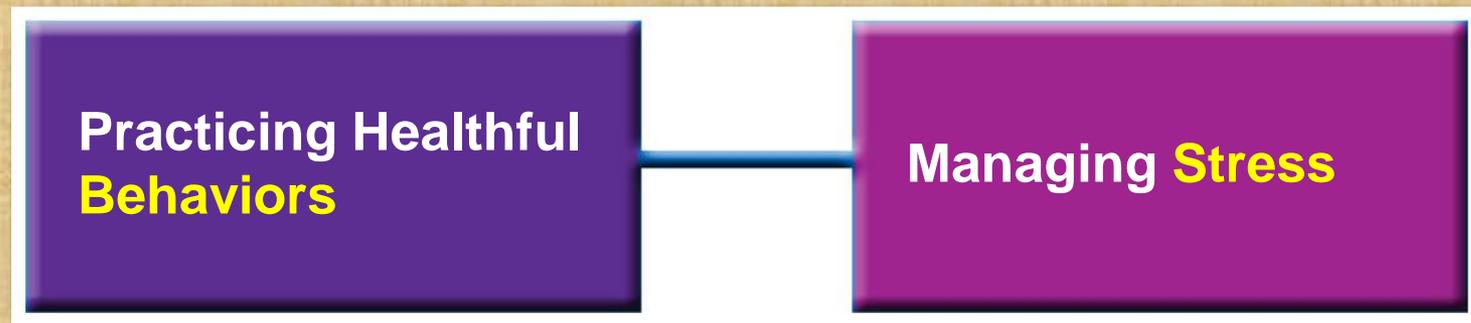
# Analyzing Influences

The more aware you are of the various influences in your life and how they affect *you*, the better able you are to make **informed** choices about your health.



# Self-Management Skills

*Self-management* means taking charge of your own health. These are self-management skills:



When you practice healthy behaviors and manage stress, you act in ways that protect your health and **promote** your well-being.

# Self-Management Skills

Exercising, relaxation, and managing time efficiently are some effective ways to manage stress.



## *Key Term*

### **Stress**

The reaction of the body and mind to everyday challenges and demands

# Self-Management Skills...

Stress is a normal part of life, but too much unrelieved stress can lead to illnesses. That's why it's important to learn stress-management skills.



## **Key Term**

### **Stress management skills**

Skills that help you reduce and manage stress in your life

# Self-Management Techniques

- **Avoid unnecessary stress**

- *Learn how to say no, take control of your environment*

- **Alter the situation**

- *Manage time better, compromise, be assertive*

- **Accept the things you can't change**

- *Look for the upside, share your feelings, learn to forgive*

- **Make time for fun and relaxation**

- *Walk, call a friend, keep a journal, play with a pet, get a massage, listen to music, watch a comedy*

- **Adopt a healthy lifestyle**

- *Exercise, healthy diet, reduce caffeine & sugar, avoid tobacco/drugs*

# Advocacy

Participating in advocacy activities allows you to encourage others to practice healthful behaviors.



## **Key Term**

### **Advocacy**

Taking action to influence others to address a health-related concern or to support a health-related belief

# **Taking Charge of Your Health**

***Making Responsible Decisions and  
Setting Goals***

# Your Values

Developing good decision-making skills will help you make **responsible** choices.

The decisions you make reflect your personal values and the values of your family.

- × Beliefs are concepts that we hold to be true.
- × Values are ideas that we hold to be important.



## Key Term

### Values

The ideas, beliefs, and attitudes about what is important that help guide the way you live

# The Decision-Making Process

Good decision-making skills can help a person make responsible choices that contribute to health and quality of life.



## **Key Term**

### **Decision-making skills**

Steps that enable you to make a healthful decision

# The Decision-Making Process...

## Steps of the Decision-Making Process

**STEP 1** **State** the Situation.

**STEP 2** **List** the Options.

**STEP 3** **Weigh** the Possible Outcomes.

**STEP 4** **Consider** Values.

**STEP 5** Make a Decision and **Act** on It.

**STEP 6** **Evaluate** the Decision.

# Goal Setting

Working toward goals helps you achieve your hopes, dreams, and health.



### *Key Term*

#### **Goals**

Those things that you aim for that take planning and work

# Goal Setting...

Time is a consideration when you're setting goals. A short-term goal can be accomplished fairly quickly.



## *Key Term*

### **Short-term goal**

A goal that you can reach in a short period of time

# Goal Setting...

A series of short-term goals can help you to achieve a long-term goal.



## *Key Term*

### **Long-term goal**

A goal that you plan to reach over an extended period of time