

Health

Chapter 1 Lesson 1

What is Health?

- A combination of your physical, mental, and social well-being
- Health is not an absolute state. Being healthy does not mean that you will never get sick.
- Being healthy means striving to be the best you can be at any given time.

Three Elements of Health

- Physical Health- the way the parts and systems of the body work together. Physical health means having the ability to cope with the stresses of everyday life and having the strength and energy to pursue physical, mental, and social challenges and changes.

Physical Health

- To gain and maintain physical health you need:
- Proper nutrition
- Regular physical activity
- Adequate rest and sleep
- Regular medical checkups
- Avoid harmful substances

Mental and Emotional Health

- Includes feelings about yourself, how well you relate to others, and how well you meet the demands of daily life. Mental health calls for a person to use his or her mind to develop thinking skills. A person with good mental health sees their mistakes as opportunities to learn, grow, and change. They accept responsibility for their actions and stand up for their beliefs and values.

Mental and Emotional Health

cont.

- A person with good emotional health is in touch with his or her feelings and deals with them in appropriate healthful ways. People with good emotional health can deal with the problems and frustrations of everyday life without being overwhelmed by them.

Social Health

- Social health involves the way you get along with others. This includes your ability to make and keep friends, working and playing in cooperative ways, and seeking and lending support when necessary. Good social health involves showing respect and care for others through good communication.

The Health Triangle

- Physical, Social, and Mental/Emotional health are all interconnected to form a triangle. If any one side receives too much or too little attention the triangle becomes lopsided and unbalanced. All three aspects must be balanced over time in order to achieve overall wellness.

The Health continuum

- *Wellness- an overall state of well-being, or total health. Achieving wellness is an ongoing lifelong commitment. Health is dynamic meaning it fluctuates along a continuum. A persons level of health can change day to day and year to year suddenly or so gradually he or she is not fully aware of the change.*

Lifestyle Factors

- Lifestyle factors- *personal behaviors and habits related to the way a person lives that help determine his or her level of health.* The following are important Lifestyle factors:
- Get between 7-8 hours of sleep each night
- Eat nutritious foods from various food groups throughout each day
- Refrain from smoking or using alcohol and other drugs
- Do 20-30 minutes of non-stop vigorous activity at least 3 times per week.
- Maintain your recommended weight.

Your Health Attitude

- In order to practice good health habits you must believe there is some benefit for you.
- Most studies show that optimists, people who tend to see the positive in situations are less likely to suffer illness and die young than pessimists, those who see the negative in situations.

Wellness and Prevention

- One of the keys to overall wellness is prevention. Prevention is defined as: *practicing healthy habits to keep a person free from disease and other ailments.*
- Examples: wearing a seat belt, applying sunscreen, avoiding unsafe areas, wearing protective equipment when playing sports.

The Importance of Health Education

- Because health is so critical to your quality of life, learning how to stay healthy should be a priority. Health Education is defined as: *providing of accurate health information in such a way as to influence people to change attitudes so that they take positive action about their health.* The goal of health education is to give you the tools needed to achieve and maintain total well-being.

Being Health Literate

- Health Literacy: *an individual's capacity to obtain, interpret, and understand basic health information and services and use such information and services to promote his or her level of wellness.* To be health literate, a person must be:
 - A critical thinker and problem solver
 - A responsible and productive citizen
 - A self-directed learner
 - An effective communicator

Attitude Elevators

- Learn to separate your wants from your needs
- Notice those in the world who have it rougher than you
- Recognize people who seem to thrive despite setbacks
- Learn to see that difficulties may bring out unexpected strengths and abilities in you
- Identify what you can and can't change. Concentrate on the former. Let go of the latter.