February 10, 2014

Today we will be talking about the Health Triangle.

Please have your Journal out and open up to entry #7.

Important Upcoming Dates
Wednesday, February 12 - Journal Check
Thursday & Friday - Computer Lab

Take notes in Journal

2/10/14

7

Glencoe Health

Chapter 1

Journal Response:

TAKE NOTES

Take Charge of Your Health

What is health?

Health is the combination of physical, mental/emotional, and social well-being!
Part 1: Physical Health

is all about how well your body functions.

Having a high level of physical health means having enough energy to perform daily activities, deal with everyday stresses, and avoid injury.

5 Important Actions You Can Take to Improve Your PHYSICAL HEALTH:

5.

Bathe daily, and floss and brush your teeth everyday.
5 Important Actions You Can Take to Improve Your PHYSICAL HEALTH:

4. Avoid the use of tobacco, alcohol, and other drugs. Say No!

5 Important Actions You Can Take to Improve Your PHYSICAL HEALTH:

3. Engage in 30-60 minutes of physical activity each day

5 Important Actions You Can Take to Improve Your PHYSICAL HEALTH:

2. Eat nutritious meals and drink eight cups of water each day
5 Important Actions You Can Take to Improve Your PHYSICAL HEALTH:

1. Get 8-10 Hours of Sleep Each night

Your Health Triangle

**Part 2: 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, and how you cope with the problems that occur in your life.

People who are mentally and emotionally healthy...

- enjoy challenges that help them grow
- accept responsibility for their actions
- have a sense of control over their lives
People who are mentally and emotionally healthy...

- can express their emotions in appropriate ways.
- usually can deal with the life’s stresses and frustrations

People who are mentally and emotionally healthy...

- generally have a positive outlook
- make a thoughtful and responsible decision.

"Half Full"

"Half Empty"

Your Health Triangle

Part 2-A: Spiritual Health

Is a deep-seated sense of meaning and purpose in life.
Falls under that of Mental/Emotional Health.
Being spiritually healthy does not necessarily mean that you belong to a religious group, although it could include being a member of a spiritual community. Spiritual health involves having a feeling of purpose and a sense of values.
Your Health Triangle

Part 3: Social Health

is about getting along with others.

Your social network includes your family, friends, teachers, and other members of your community. You don't need to have lots of friends to have good social health. Sometimes just having a few special people with whom you can share your thoughts and feelings is enough. Maintaining healthy relationships is one way of caring for your social health.

Ways to improve your social health...

- seeking and lending support when needed
- communicating clearly and listening to others
- showing respect and care for yourself and others.

Keeping a Balance

When your triangle is balanced, you have a high degree of wellness.
Too Much of One vs. Too Little of Another

Ignoring any area of your health triangle affects your total health. To keep a balance, you need to pay equal attention to all three areas of your health.

Health Continuum

Your health at any moment can be seen as a point along a continuum, or sliding scale.