Wellness Unit
How do you know if someone is healthy?

*Most people think that they are healthy if ..
1. They are not sick
2. If they are not overweight
3. They do not drink alcohol or smoke cigarettes.

There are three parts to your health:
- Physical
- Social
- Mental/Emotional
Health Triangle:

- **Physical Side**: the condition of your body
- **Mental/ Emotional Side**: your thoughts, feelings and emotions
- **Social Side**: the way you relate to others

**Health**: is the combination of physical, mental/ emotional and social well being.
Which side of health?

Physical, Emotional or Social

- Walking a dog
- Shoveling snow
- Eating a banana
- Talking to a counselor
- Playing on a sports team
- Writing in a journal
- Attending a school dance
- Taking deep breaths
- Working on a group project with classmates
- Studying for a test
Elements of Physical Health

- A. Keep fit and **exercise**
- B. Eat a **balanced** diet
- C. Maintain ideal **weight**
- D. Good **grooming**
- E. Avoid **drugs**
- F. Get rest / 8-9 hours of sleep a night
Elements of Mental/Emotional Health

A. Accept yourself for who you are
B. Express your feelings
C. Develop decision-making skills
D. Learn to deal with problems
E. Learn to handle stress
Depression

**Depression**: feeling sad, unhappy, discouraged

**Causes:**
- 1. Death
- 2. Divorce
- 3. Moving
- 4. Social media

**Signs:**
- 1. Affects school performance
- 2. Loss of energy
- 3. Physical pain: stomach, headache
- 4. Withdrawal from others

**Ways to help with depression:**
1. Counseling
2. Exercise
3. Get plenty of rest
Elements of Social Health

1. Get along with family
2. Make and keep friends
3. Work well in a group
4. Disagree without fighting
5. Give and get support when needed
• Maintaining Your Health Balance- To be truly healthy, you need to work to keep your health triangle balanced.

Wellness

Wellness-the achievement of a high level of overall health. If you work at it, this high level of health can last for many years.
Prevention - is keeping something from happening.

How can you prevent illness and injuries from happening?

1. Don’t take unnecessary risks  
2. Know your weaknesses in your physical, social and mental/emotional health  
3. Be responsible- make good choices
Good Health Habits to Achieve Wellness

1. Eat 3 regular meals a day with 2-3 healthy snacks in between.
2. Eat nutritious foods, LOW in fat, sugar and cholesterol.
3. Get 8 to 9 hours of sleep a night.
4. Adolescents should try to get 60 minutes of exercise a day.
5. Have regular medical and dental checkups.
6. To prevent injury, think before you act.
7. Use car seat belts and sport safety equipment.
8. Avoid alcohol, drugs and cigarettes.
9. Take time to relax when you are feeling stressed.
10. Try to have a positive outlook on life.
   (OPTOMISTIC)
Describe What do you see??

Do you think the glass is
A> half empty?
or
B> half full?

A=Pessimist
B=Optimist
Dan’s Health Triangle

- Dan enjoys sports. He is on the swim team and the track team. When he’s not at practice or competing, he likes to read sports magazines. He never seems to have enough time for his family and friends and is often too tired to do his schoolwork. His grades are low, and he is worried he might have to repeat a year.
Andrea’s Health Triangle

• Andrea is determined to get good grades—perhaps too determined. She studies hard most evenings and often spends time in the library on weekends. She takes little time out to see her friends. Lately, it seems she doesn’t have any friends. She sometimes goes hiking with her family, but she gets no other exercise.
Anna’s Health Triangle

- Anna is one of the most popular girls in her class. She is always arranging sleepovers and spends hours on the phone talking to her friends. She likes getting all the attention but notices that she’s often tired and grumpy. She always has to rely on last minute studying for a test.
Decision Making

- Decision: choice that you make
- Minor: food, clothing
- Major: affect the rest of your life

- All decisions have: consequences: results
- When making decisions: its important to consider
  - RISKS: chance or harm or loss
Decisions can affect your health in various ways:

- Physical Health: what kind of food to eat, how much and what kind of exercise you get
- Mental Health: how much time you spend studying, who you talk to about problems
- Social Health: what friends you choose, what you do in your free time

How do you make decisions every day?
- 1. Just let it happen **without thinking**
- 2. Do what **pleases** others
- 3. Act on impulse, what you **feel** like at the time
A. Six steps to decision making

1. State the situation/issue
2. List the options
3. Weigh the possible outcomes
   - H (Healthful) What are the health risks?
   - E (Ethical) Does it reflect what you believe is right?
   - L (Legal) Does it violate any laws?
   - P (Parent Approval) Would your parents approve?
4. Consider your values: beliefs you feel strongly about that guide the way you live (right/wrong)

- Values are a part of: character
- Character: the way you think, feel and act

- **Examples of good character:**
  - Trustworthiness: reliable, keep promises
  - Respect: regard for others
  - Responsibility: excepting credit or blame for your actions
  - Fairness: treating everyone equally
  - Caring: kind and help others
  - Citizenship: concern for community
5. Make the decision and act
6. Evaluate the decision: is this the outcome that I had hoped for?

D. Benefits of good decisions
   1. Self esteem improves
   2. Gain control of your health
   3. Increase your independence
   4. Gain control of your future
   5. Relationships improve
GOALS
Obstacles Are Those Frightful Things When You Take Your Eyes Of Your Goals.
~ Hannah Moore ~
Setting Goals

• Why are they important: *gives you a purpose and something to strive for*
  • Short term: *right away (grades)*
  • Long term: *over months or years*

• A. How do you choose a goal
  • 1. What are your *needs*
  • 2. What are you *interested* in
  • 3. How will they affect your *health*
  • 4. What are your *values*
B. Achieving your goals

1. Select a goal to work on
2. Make your goal specific
3. List steps needed to reach your goal
4. Get help from others
5. Evaluate progress
6. Reward yourself for reaching your goal
https://youtu.be/zLYECIjmQs