

Components of Health Notes 9/11 - 9/22

Study the following material and the effects of stress article to be prepared for your test on the week of 9/18 - 9/22. It will only be a 15 question test.

- 4 components of health:
 - physical
 - mental
 - emotional
 - social
- Physical
 - What is it?
 - Condition of your body, inside and out
 - Ways to maintain and enhance physical health:
 - Effective exercise
 - Eating a well rounded and healthy diet
 - Avoiding harmful substances and habits
 - Avoiding harmful and dangerous environments
- Mental
 - What is it?
 - The ability to solve problems and handle the daily events of your life.
 - Ways to maintain and enhance Mental health:
 - Exercise
 - Take action to accomplish goals
 - Make a plan to accomplish tasks
 - engage in enjoyable activities
 - develop strategies to maintain a positive attitude
- Emotional
 - What is it?
 - Health involving feelings such as happiness, sadness, anger, etc.
 - Ways to maintain and enhance emotional health:
 - Exercise
 - Find an outlet for your emotions (activity, talking to a friend, writing in a journal)
 - Maintain a positive attitude
 - engage in activities that you enjoy
 - avoid activities and people that cause negative emotions
 - develop healthy ways to deal with negative emotions
- Social

- What is it?
 - How you relate to people at home, at school and everywhere else in the world
- Ways to maintain or enhance social health:
 - be friendly and open
 - be supportive of family members and friends
 - encourage others
 - help others
 - follow through when you make promises
 - avoid negative relationships and environments
 - share and listen to others
 - get involved with group activities such as clubs and sports

Wellness:

- What is it?
 - a state of well-being or balanced health over a longer period of time
- Health fluctuates day to day depending on numerous factors whereas wellness is the overall well-being which spans weeks - months.
- You can maintain overall wellness by having good health habits and making smart health choices.
- Mind Body Connection:
 - How your emotions affect your physical and overall health and how your overall health affects your emotions.
 - Negative emotions can cause physical responses such as:
 - headaches
 - Backaches
 - stomachaches
 - colds
 - and longer term effects by hindering your body from functioning properly.
 - What are some examples of negative emotions that can affect you physically and how? (discuss)
 - **Stress:** a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
 - Hand out effects of Stress article and have them read it and answer questions.