

Introduction to...

Health & Wellness



Objectives

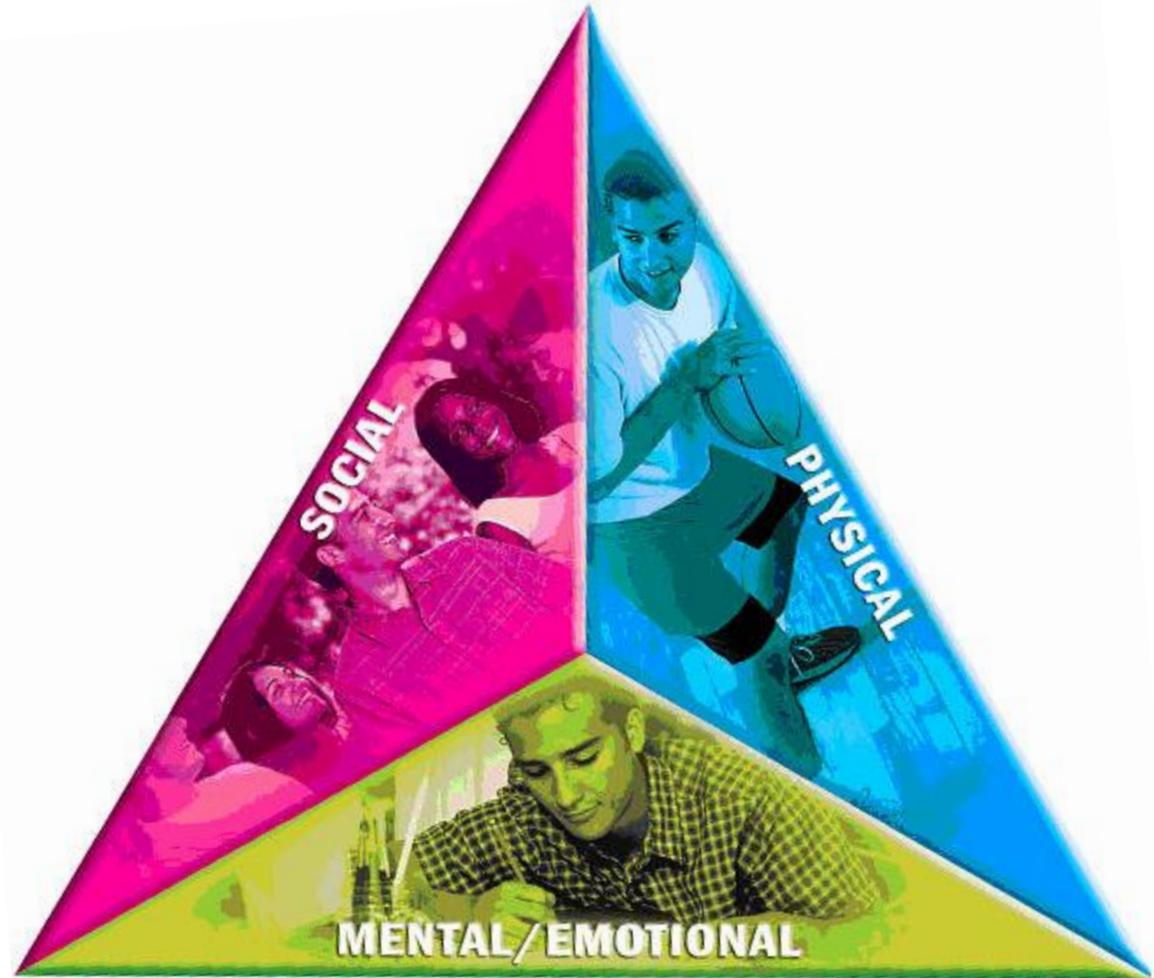
- Provide a general definition of health and wellness
- Describe the relationship between the three components of health (physical, mental/emotional, and social)
- Draw and label the Health/Wellness Continuum.
- Identify barriers to health/wellness.
- Justify the purpose of this course.



**Describe what it
means to be *healthy*.**



Components of Health



Physical Health

- Refers to how well your body functions.
- When you are physically healthy, you are able to carry out every day tasks without becoming overly tired.
- A healthy diet, regular exercise, adequate sleep, and proper medical and dental care are all important for physical health.



Emotional Health



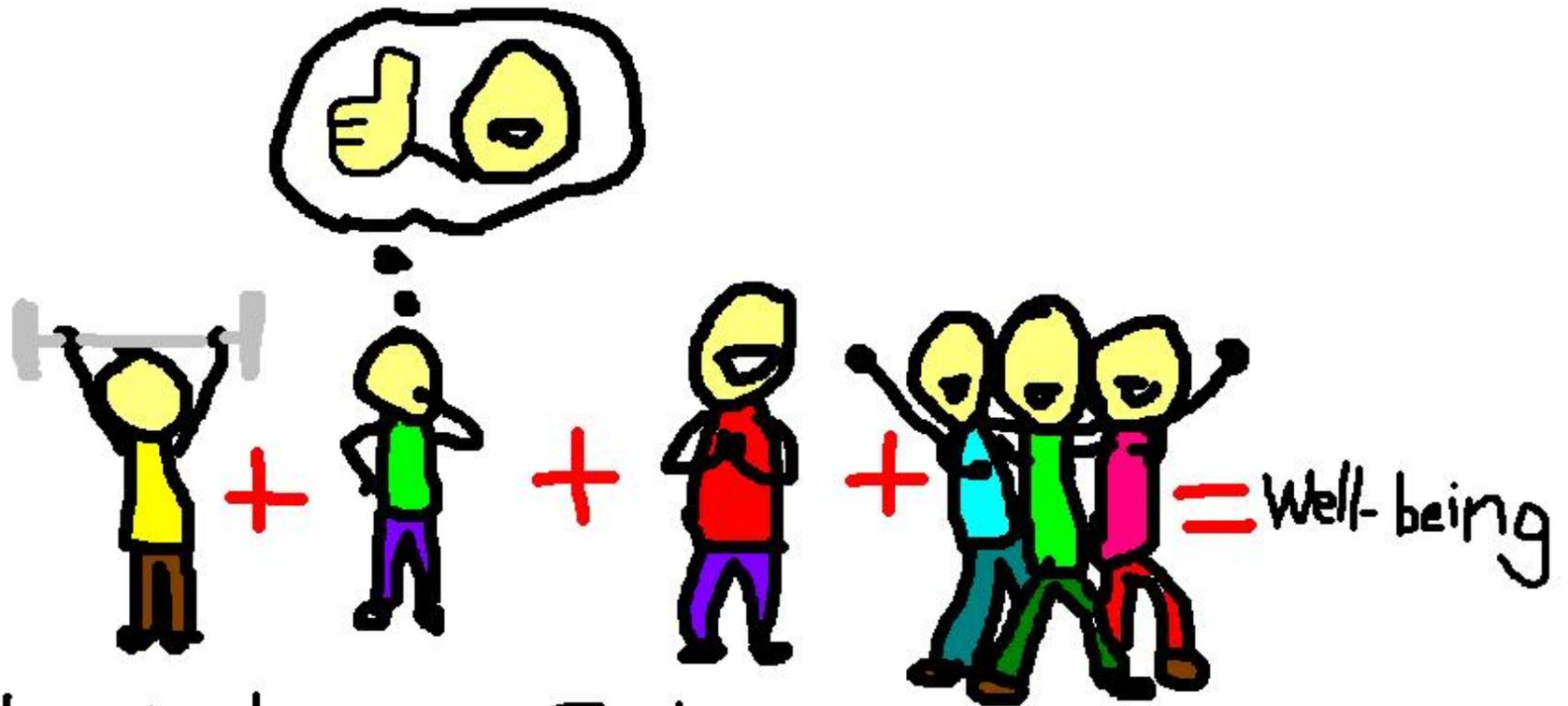
- Refers to how you react to events in your life.
- You are emotionally healthy when the feelings you experience are appropriate responses to the event.



Social Health

- Refers to how well you get along with others.
- When you are socially healthy, you have loving relationships, respect the rights of others and give and accept help.





Physical

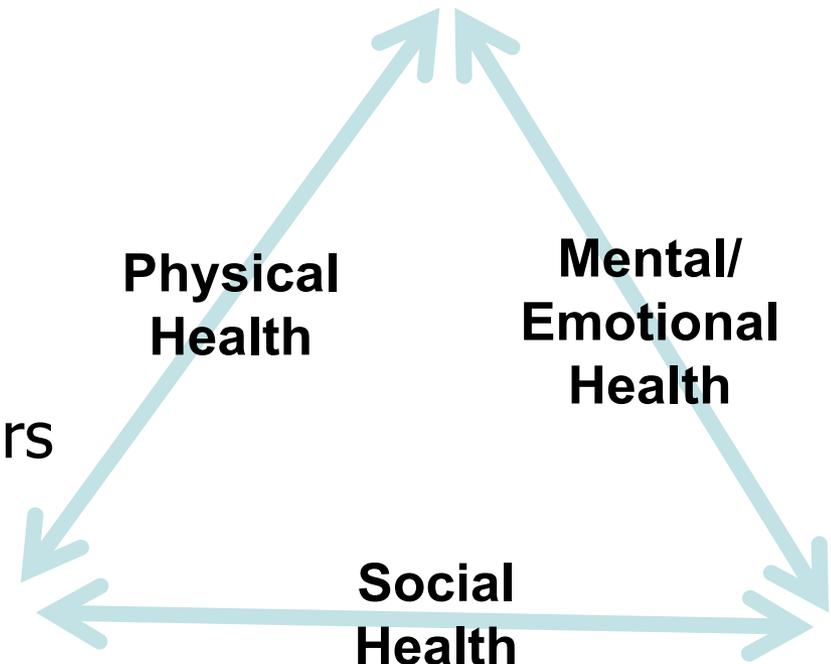
Mental

Emotion

Family
and Social Health

The Relationship

- The components of health are interrelated and dynamic
- When one component is impacted the others will be as well... however, other components may not be affected the same way.



Health

- Old View: A person was considered “healthy” if he/she did not have symptoms of disease
- New View: “Health” is a state of complete physical, mental, and social well-being (WHO), not merely the absence of disease and infirmity.



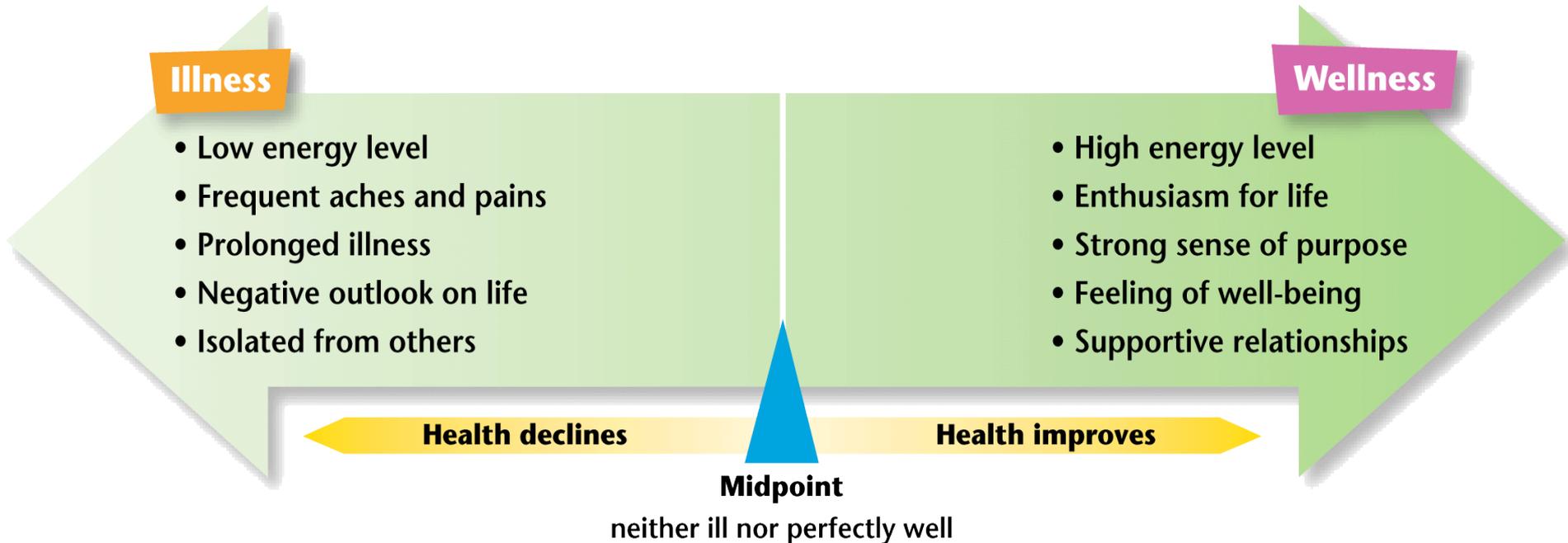
Wellness



- The overall **process** of achieving a state of high level health.
- Wellness can be thought about as the steps a person takes to reach health.



The Health/Wellness Continuum



On the left side are signs and symptoms of illness and disability. On the right side are knowledge, attitudes, and behaviors that contribute to wellness.

Barriers to Health

Lack of...

- Education
- Resources
- Skills
- Support



The purpose of this class is to provide you with the knowledge and skills to achieve quantity & quality of life.

We want you to live a long *time*...

... and *thrive*. 😊