

Activity 1

Use with Chapter 1, Lesson 1

Your Total Health

Below is a picture of the health triangle. It shows the three sides of your health: physical health, mental/emotional health, and social health. Complete the chart by filling in examples of ways you can promote each side of your total health. Include three examples for each type of health.



Types of Health	Ways to Promote Your Health
Physical	Any three: Get regular physical activity; eat a well-balanced diet; get enough rest; practice good personal hygiene habits; avoid the use of tobacco, alcohol, and other drugs.
Mental/Emotional	Any three: Accept yourself and feel good about who you are; think positively; name several things you can do well; express your feelings in a healthy way; learn how to handle stress; ask for help when it is needed; try to improve yourself.
Social	Any three: Get along with others; try to work out differences you have with others; treat others with respect; communicate well with others; say no to friends if necessary.