Health Triangle

**What is Health?**

Health is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of

1.

2.

3.

Also, this is known as YOUR TOTAL HEALTH

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**What is Physical Health?**

~Physical Health address the body's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Engaging in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity everyday will help to build and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your PHYSICAL HEALTH.

Here are some ways you can improve your physical health:

1. Resist harmful substances such as alcohol and drugs

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**What is Mental/Emotional Health?**

~Mental and emotional health examines how a person handles their feeling, thoughts, and emotions each day.

Here are ways a person can improve their mental/emotional health:

1. Share your thoughts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with your family, a trusted adult or friend.

Mental/emotional Health Con’t



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**What is social well-being?**

~ Social health measures the way a person reacts to people in their environment. It encompasses people at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­\_, at ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­ and everywhere in your world.

Signs of good social health include



Good social health includes supporting the people you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about. It also includes:







You can disagree and express your thoughts, but be thoughtful and choose your words carefully

**Wellness-** is a state of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health over a long period of time.