

HEALTHY DECISION MAKING

Life Choices and Mental Health
PHE 8

ARE HEALTH AND WELLNESS THE SAME?



In a group of 4, discuss what these two terms mean. How do they differ? Give an example

1. Health
2. Wellness

DEFINITION

Health:

- Dictionary: The state of being free from illness or injury
- World Health Organization: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

Wellness:

- Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

TOP 3 DAILY EXERCISES (THAT YOU ALREADY DO AND SHOULD KEEP DOING)



DIMENSIONS OF WELLNESS

Social

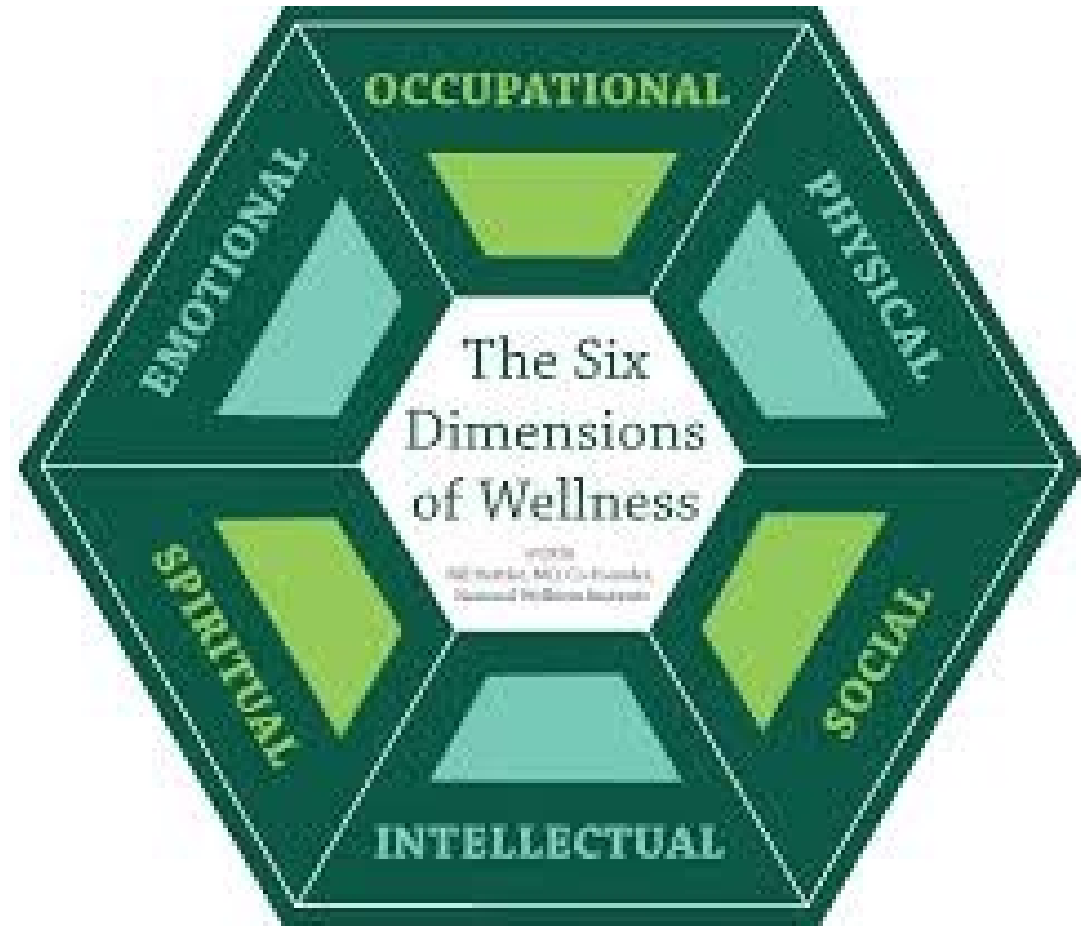
Emotional

Intellectual

Physical

Spiritual

Occupational



SOCIAL

- Relationships, respect, community interaction.
 - This dimension considers how we relate to others.
 - How we connect, communicate and get along with the people we are surrounded by
- Interactions on Social Media



EMOTIONAL

- Feelings, emotions, reactions, cognition.
- This is the dimension where you are in touch with your feelings and emotions of sorrow, joy, love, etc.
- This dimension helps us to cope with the emotional challenges of life.



INTELLECTUAL

- Critical thinking, creativity, curiosity.
- This dimension considers the desire to be a lifelong learner.
- It's the ability to be open to new experiences and ideas in order to continue growing.



PHYSICAL

- Body, nutrition, healthy habits.
- This dimension considers overall health and what you need to do to maintain a healthy quality of life.
- It is the ability to take charge of your health by making conscious decisions to be healthy.



SPIRITUAL

- Meaning, values.
- This dimension helps to establish peace and harmony in our lives.
- It is the ability to discover meaning and purpose in life



OCCUPATIONAL

- Skills, finances, balance, satisfaction.
- This dimension involves finding fulfillment in your job/school and knowing that it has meaning.
- It is also the ability to establish balance between school and leisure time



WELLNESS WHEEL

Lets look at
our current
state of
wellness

