

Healthy Decision Making: Life Choices and Mental Health

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

1. Health

2. Wellness

Definitions:

Health:

Dictionary: The state of being free from _____ or _____

World Health Organization: Health is a state of complete _____, _____ and _____ well-being and not merely the absence of disease or infirmity

Wellness:

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



Dimensions of Wellness

- Social
- Emotional
- Intellectual
- Physical
- Spiritual
- Occupational



Social

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

Emotional

- _____, 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 _____ with the emotional challenges of life

Intellectual

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

Physical

- Body, Nutrition, healthy habits.
- This dimension considers overall _____ 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 _____ to be healthy.

Spiritual

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

Occupational

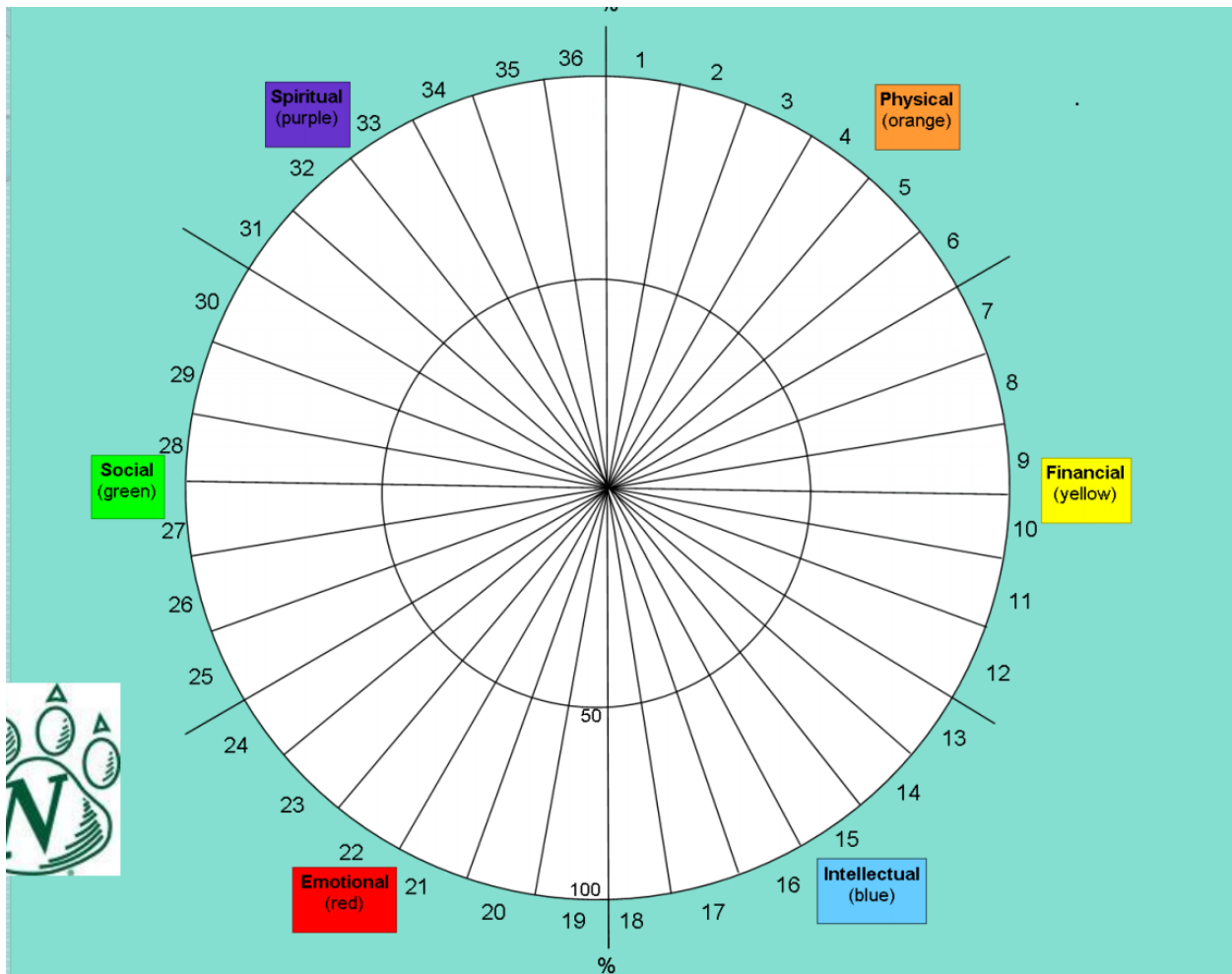
- _____, finances, balance, satisfaction.
- This dimension involves finding fulfillment in your _____ and knowing that it has meaning.
- It is also the ability to establish _____ between school and leisure time

Let's look current state of Wellness at our

Areas of wellness

Activity Instructions

- ☐ Read each statement;
- ☐ Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving
- ☐ For example, question #1 is: "I eat a balanced nutritional diet";
- ☐ If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time, color 60% of the section.
- ☐ Complete this for all 36 sections of the wheel.



Physical

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I do not vape or smoke.
4. I do not use alcohol and avoid drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

Occupational (Money from job, allowance etc)

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are demonstrated by my behaviour
9. What I am doing with work/school has purpose
10. I use money positively, and understand the value.
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future.

Intellectual

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I am aware of my mental health and have developed coping skills for stress.

Emotional

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

Social

25. I am able to resolve conflicts in all areas of my life
26. I am aware of the feelings of others and can respond appropriately
27. I have people with whom I have a close trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have satisfying social interaction with others
30. I have a sense of belonging/not being isolated

Spiritual

31. I practice meditation, pray or engage in some type of growth practice
32. I have a general sense of serenity
33. I have faith in a higher power
34. I have a sense of meaning and purpose in my life
35. I trust others and am able to forgive others and myself and let go
36. Principles/ethics/morals provide guides for my life

Analysis

1. Why do you think we represent wellness as a wheel?
2. Which section of your wheel has the most color?
3. Which section of your wheel has the least color?
4. What happens when we do not have balance in our wheel? What can we compare this to?
(Come up with an analogy)
5. What areas do you think you need to work on? Give a few examples of ways to improve