

CHAPTER 1

ASSESSMENT CATEGORIES

-  Application
-  Communication
-  Knowledge and Understanding
-  Thinking



Introduction to Health and Wellness

Activities in this chapter:

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1

DEFINITIONS AND DIMENSIONS (Textbook pages 2–4)



1 Key Terms and Definitions



Define the key terms below in your own words.

Key Term	Definition
becoming	
being	
belonging	
emotional health	
environmental health	
health	
mental health	
physical health	
social health	
spiritual health	



wellness



2 Personal Health and Wellness Profile

The *Health and Wellness Profile* is designed to determine areas of strength and areas that need improvement in your lifestyle. The results are not permanent, but rather represent a snapshot of your lifestyle at a specific point in time. The results are meant to help you reflect on your lifestyle, your environments, the challenges you face, and the opportunities you might explore to enhance your overall health.

Under each of the health dimension headings below, there are a number of questions included to help you generate an average rating for each dimension. For example, examine the questions about physical health and then give yourself a rating ranging from 1 (very unhealthy) to 4 (very healthy). These scores represent your *perceptions* of your physical health. It is permissible to include other factors or questions related to physical health that influence your perception. At the end of this exercise you will create a *web profile* of your health and wellness. At a glance you should be able to see in what areas you already enjoy good health and in what areas you need to take action for improvement.

PHYSICAL HEALTH

	Rarely, if ever	Sometimes	Most of the time	Always
1. I engage in vigorous exercise for at least 30 minutes a day.	1	2	3	4
2. I do not smoke.	1	2	3	4
3. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
4. I maintain a weight that allows me to do whatever I want.	1	2	3	4
5. I think my immune system is strong. I can fight off colds most of the time and/or recover reasonably quickly.	1	2	3	4

Average rating: _____

SOCIAL HEALTH

	Rarely, if ever	Sometimes	Most of the time	Always
1. I am open and honest with other people.	1	2	3	4
2. I get along with other people.	1	2	3	4
3. I get along with members of my family.	1	2	3	4
4. I have someone I can talk to about my feelings.	1	2	3	4
5. I am a good listener.	1	2	3	4

Average rating: _____

EMOTIONAL HEALTH

	Rarely, if ever	Sometimes	Most of the time	Always
1. I find it easy to laugh about things that happen in my life.	1	2	3	4
2. I can express my feelings without feeling guilty or silly.	1	2	3	4
3. I recognize when I am stressed and take steps to relax.	1	2	3	4
4. I feel good about myself and believe others like me.	1	2	3	4
5. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

Average rating: _____

**ENVIRONMENTAL HEALTH**

	Rarely, if ever	Sometimes	Most of the time	Always
1. I avoid media productions that are degrading or discriminatory (e.g., promote racism).	1	2	3	4
2. My socioeconomic circumstances are such that I can take advantage of the programs and facilities in my community related to healthy living.	1	2	3	4
3. I try to spend time in the company of people who respect me and my values.	1	2	3	4
4. I am concerned about environmental pollution and actively try to preserve and protect natural resources.	1	2	3	4
5. I sense that there are few political and social boundaries that restrict opportunities for reaching my potential.	1	2	3	4

Average rating: _____

SPIRITUAL HEALTH

	Rarely, if ever	Sometimes	Most of the time	Always
1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I engage in acts of caring and goodwill without expecting anything in return.	1	2	3	4
4. I am content with who I am.	1	2	3	4
5. I feel confident that I have positively touched the lives of others.	1	2	3	4

Average rating: _____

MENTAL HEALTH

	Rarely, if ever	Sometimes	Most of the time	Always
1. I actively try to learn all I can about products and services before making decisions.	1	2	3	4
2. I learn from my mistakes and try to act differently the next time.	1	2	3	4
3. I follow directions or recommended guidelines and act in ways likely to keep myself and others safe.	1	2	3	4
4. I consider the alternatives before making decisions.	1	2	3	4
5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgement.	1	2	3	4

Average rating: _____

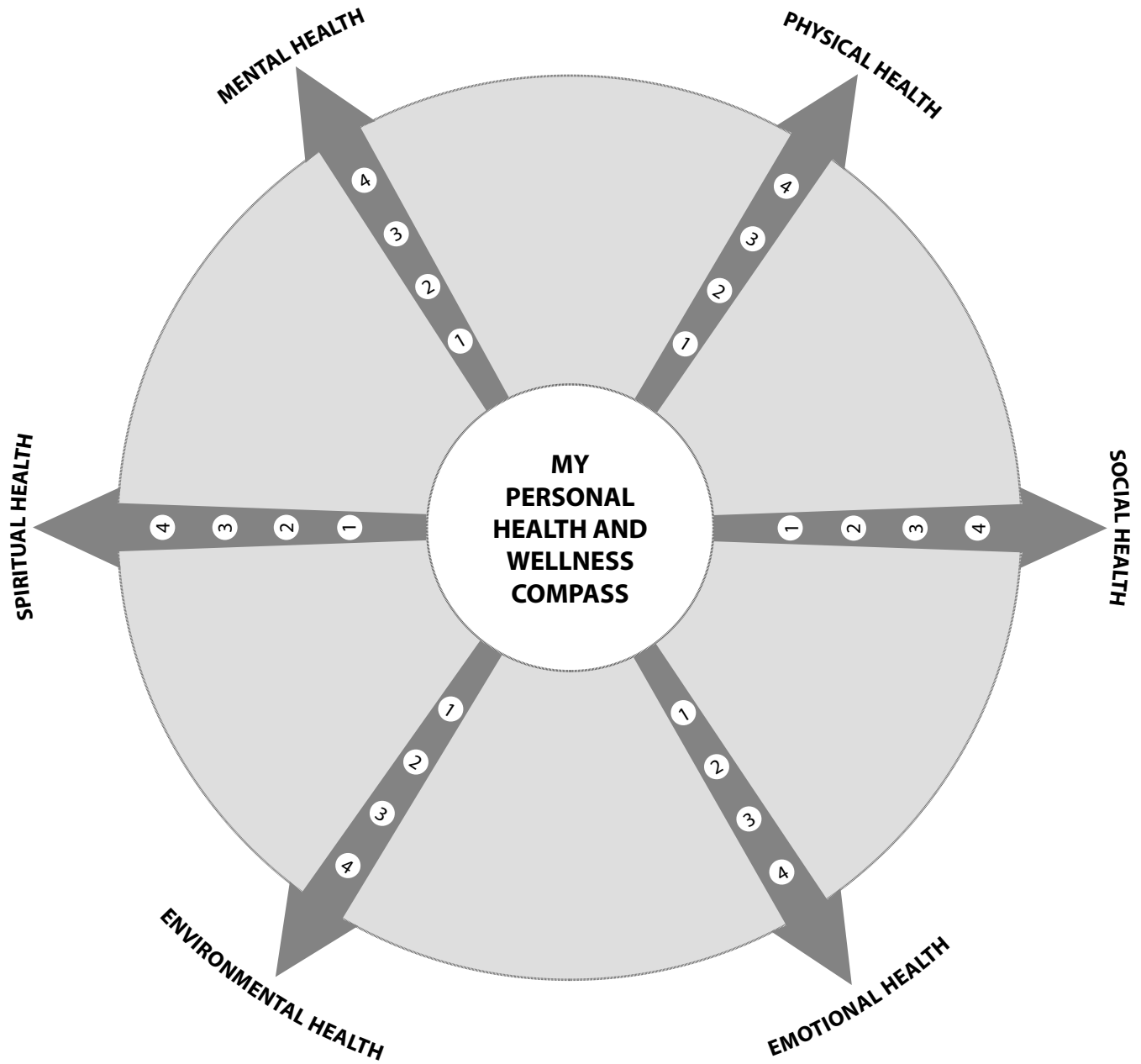
Once you have marked off your average rating scores for each health dimension on the *Health and Wellness Compass* on the next page, connect the points to create an overall *health and wellness web profile*. This will help you determine areas of strength and areas that need improvement in your lifestyle. The closer your points connect to the outside of the compass, the more likely you are to be headed in the right direction.

Like a balloon, the more inflated your profile is, or the more full your balloon is, the more life (energy/expectations/optimism) you have.

What does your health and wellness profile look like? What appear to be the areas that need improvement? What goals might you set to improve your health in these areas? What might be some barriers you must overcome?



HEALTH AND WELLNESS COMPASS





2

HEALTH AND WELLNESS IS A PERSONAL JOURNEY AND RESPONSIBILITY (Textbook pages 5–13)



1 Humour as Preventative Medicine



“A sense of humour is good preventative medicine.”

Research the rehabilitative qualities of humour, and develop an argument for or against the statement above. Do some research on the Internet or at the library to learn more about the links between humour and health. In small groups, present your findings to the class about the health benefits of laughter and a sense of humour.

Can facial expressions actually change your mood? Try this simple experiment. Place a pencil or pen in your teeth so you cannot help but flex your “smile” muscles. How does a change in your facial expression affect your mood?

Think of a time you laughed so hard that you couldn’t breathe and had tears in your eyes. What was therapeutic or healthy about that experience?

Make a list of things that make you laugh, smile, or chuckle, including a list of a few of the movies you would watch if you wanted to laugh. Share your list with the rest of the class. How did your list compare?

As a class, make a collage of the things (titles of movies, comedians, incidents, facial expressions, bloopers) that make you laugh, and post it in the classroom.



3

CHECK YOUR UNDERSTANDING

**Multiple Choice**

1. Which of the following is **not** a dimension of health:
- A) social
 - B) environmental
 - C) intellectual
 - D) physical
 - E) none of the above

Answer: _____

2. A person who is passionate about a number of different things and who takes time to enjoy nature and beauty is demonstrating _____ health.

- A) mental
- B) emotional
- C) environmental
- D) social
- E) spiritual

Answer: _____

3. Goals a person sets regarding work and school represent:

- A) personal becoming
- B) growth becoming
- C) practical becoming
- D) leisure becoming
- E) financial becoming

Answer: _____

4. Which of the following statements about wellness is **false**:

- A) Wellness is independent of an individual's capacity to interact effectively with his or her environment.
- B) Wellness is reflected in the way a person chooses to live his or her life.
- C) Wellness is about making informed choices and taking responsibility for the way we live our lives.
- D) Wellness involves having a deep understanding of what it means to care for oneself in relation to others.
- E) None of the above.

Answer: _____

5. Which of the following is **not** an example of a positive social influence:

- A) meeting new people
- B) playing with teammates from other cultures
- C) reading a motivational book written by your favourite athlete

- D) joining a running club
- E) spending time with your friends

Answer: _____

**Fill in the Blanks**

Fill in the blanks for the following statements using words from the **word bank** below. Place the corresponding letter from the word bank in the blank spaces provided.

1. Wellness can be defined as the combination of health and _____.
2. If you have _____ health, you have lots of energy and can get through the day without being tired.
3. Adopting lifestyle habits that help you avoid illness is considered a _____ approach to health.
4. Our sense of what it means to be healthy is partly influenced by our families, the media, our peers, and the _____ in which we live.
5. A friend who wants you to start smoking is an example of a negative _____ influence.

Word Bank

- | | | |
|--------------|-------------|--------------|
| a. culture | e. media | i. physical |
| b. curative | f. mental | j. proactive |
| c. family | g. peer | k. social |
| d. happiness | h. reactive | l. wealth |

**True or False**

Indicate whether each statement is **true (T)** or **false (F)**. If the statement is false, provide the correct answer.

1. There are five dimensions of health.

Answer: _____

2. Being able to participate in more challenging and sophisticated tasks at school and in work settings represents an increase in responsibilities.

Answer: _____



Rubric

Level 1	Level 2	Level 3	Level 4
<p>Student put forth little to no effort in completing a personal mission statement.</p> <p>Personal mission or motto showed limited originality.</p> <p>Mission or motto encompassed only one of the dimensions of health and wellness.</p>	<p>Student put forth satisfactory effort in completing a personal mission statement.</p> <p>Personal mission or motto showed some originality.</p> <p>Mission or motto encompassed two or three of the dimensions of health and wellness.</p>	<p>Student put forth considerable effort in completing a personal mission statement.</p> <p>Personal mission or motto was original and inspiring.</p> <p>Mission or motto encompassed four or five of the dimensions of health and wellness.</p>	<p>Student put forth an exemplary effort in completing a personal mission statement.</p> <p>Personal mission or motto was thorough and extremely motivating.</p> <p>Mission or motto encompassed all of the dimensions of health and wellness.</p>

Name: _____

Overall level of achievement: _____

Feedback: _____
