

Chapter 1

Lesson 1 Wellness and Your Health

Objectives

- **Describe** the four parts of health.
- **Explain** the difference between health and wellness.



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

Start Off Write

List three things that you can do to keep your mind and body healthy.



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

The Physical Part of Health

- **Taking Care of Your Physical Health** The following suggestions are ways to take care of your body and to maintain your physical health:
 1. Get 8 hours of sleep every night.
 2. Eat nutritious food and a balanced diet.
 3. Get plenty of exercise.
 4. Practice good hygiene.
 5. Avoid drugs, alcohol, and tobacco.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

The Emotional Part of Health

- **Taking Care of Your Emotional Health** To maintain your emotional health, you should try the following suggestions:
 1. Express your emotions in words rather than acting them out.
 2. Accept your strengths and weaknesses.
 3. Deal with sadness appropriately and in a timely manner.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health



Myth: Someone who is always laughing and smiling is probably emotionally healthy.

Fact: Sometimes people use smiles and laughter as a way of hiding their sadness.

Talk to your parents or the school nurse if you are concerned about your emotional health.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

The Mental Part of Health

- **Signs That You Are Mentally Healthy** Being mentally healthy means that you can:
 1. recognize and deal with stress in a positive way
 2. accept new ideas
 3. effectively solve problems



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

The Social Part of Health

- **Improving Your Social Health** Ways to improve your social skills include the following:
 1. being considerate of other people
 2. showing respect to others
 3. being dependable
 4. supporting people you care about when they make the right choices
 5. expressing your true feelings
 6. imagining how you would feel if you were in another person's place
 7. asking for help when you need it



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

Wellness Is Balanced Health

- **The Four Parts of Health** Wellness is the state of good health achieved by balancing your physical, mental, emotional, and social health.
- **Health Assessment** One of the best ways to evaluate your health is to take a health assessment. A health assessment is shown on the next slide.



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 1 Wellness and Your Health

Assess Your Health

On a separate piece of paper, answer each item. Give yourself 4 points for each "almost always" response, 2 points for "some time" and 0 points for "almost never."

Health Habit

- 1. I exercise regularly.
- 2. I eat a variety of foods, including fruits and vegetables.
- 3. I find it easy to relax and express my feelings.
- 4. I have close friends or relatives in whom I can confide.
- 5. I prepare for events that I know will be stressful to me.
- 6. I avoid risky behavior.
- 7. I practice good hygiene.

Almost Always Some Time Almost Never

Almost Always	Some Time	Almost Never

Scores of 23-28 means you have great health habits.
Scores of 15-22 mean your health habits are good overall, but there is room for improvement.
Scores of 7-14 indicate that many of your health habits need work.
Scores of 0-6 mean that you are taking unnecessary risks with your health.

[Chapter menu](#)

[Resources](#)

Chapter 1

Lesson 4 Using Life Skills to Improve Health

Objectives

- **Identify** the nine life skills.
- **Explain** how using the life skills improves your health.
- **Describe** how to assess your progress in learning the life skills.



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 4 Using Life Skills to Improve Health

Start Off Write

Give an example of when you would use a life skill.



Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 4 Using Life Skills to Improve Health

The Life Skills

- **Nine Skills for Living Healthfully** Improve your health by practicing these life skills:
 1. Assessing your health
 2. Making good decisions
 3. Being a wise consumer
 4. Communicating effectively
 5. Practicing wellness
 6. Setting goals
 7. Using refusal skills
 8. Coping
 9. Evaluating media messages



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 4 Using Life Skills to Improve Health



Myth: The more expensive brands are better products.

Fact: The less expensive store brands are often as good or better than the more expensive brand names.

Compare the value and quality of the products before deciding to buy one instead of the other one.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Practicing Life Skills

By practicing the life skills, you are building lifelong habits that will help you live a healthier life. Remember that the best way to master any skill is to practice it. For example, you can do this *Life Skill* activity to practice wellness.

LIFE SKILLS ACTIVITY

PRACTICING WELLNESS

Your history class is having a discussion on a topic that you feel strongly about. You want to join in the discussion, but you are shy, and you don't know if you will get your point across. Which life skill would be useful now? Explain your answer.

[Chapter menu](#)[Resources](#)

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Evaluating Your Skills

- One way to evaluate your life skills is to ask yourself the following questions:
 1. Do I periodically evaluate the four parts of my health?
 2. Am I making good decisions?
 3. Am I setting and meeting my goals?
 4. Do I use refusal skills when I need to?
 5. Am I communicating my feelings?
 6. Do I compare products and services for value and quality?

[Chapter menu](#)[Resources](#)

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 4 Using Life Skills to Improve Health

Staying Healthy and Well

- **Life Skills and Wellness** The nine life skills work together to improve your health and wellness:
 1. Using refusal skills leads to good decisions.
 2. Good communication can help you reach goals.
 3. Making good decisions will keep you healthy.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.

Chapter 1

Lesson 4 Using Life Skills to Improve Health

Staying Healthy and Well, *continued*

4. Staying informed will alert you to areas that you need to improve on.
5. Assessing all four parts of your health keeps your level of wellness high.
6. Learning to evaluate media messages and to comparison shop makes you a wise consumer.



Chapter menu

Resources

Copyright © by Holt, Rinehart and Winston. All rights reserved.