

The background features a vertical gradient from light yellow at the top to dark orange at the bottom. It is decorated with numerous overlapping circles of varying sizes and opacities, some appearing as solid shapes and others as thin white outlines.

Health and Wellness

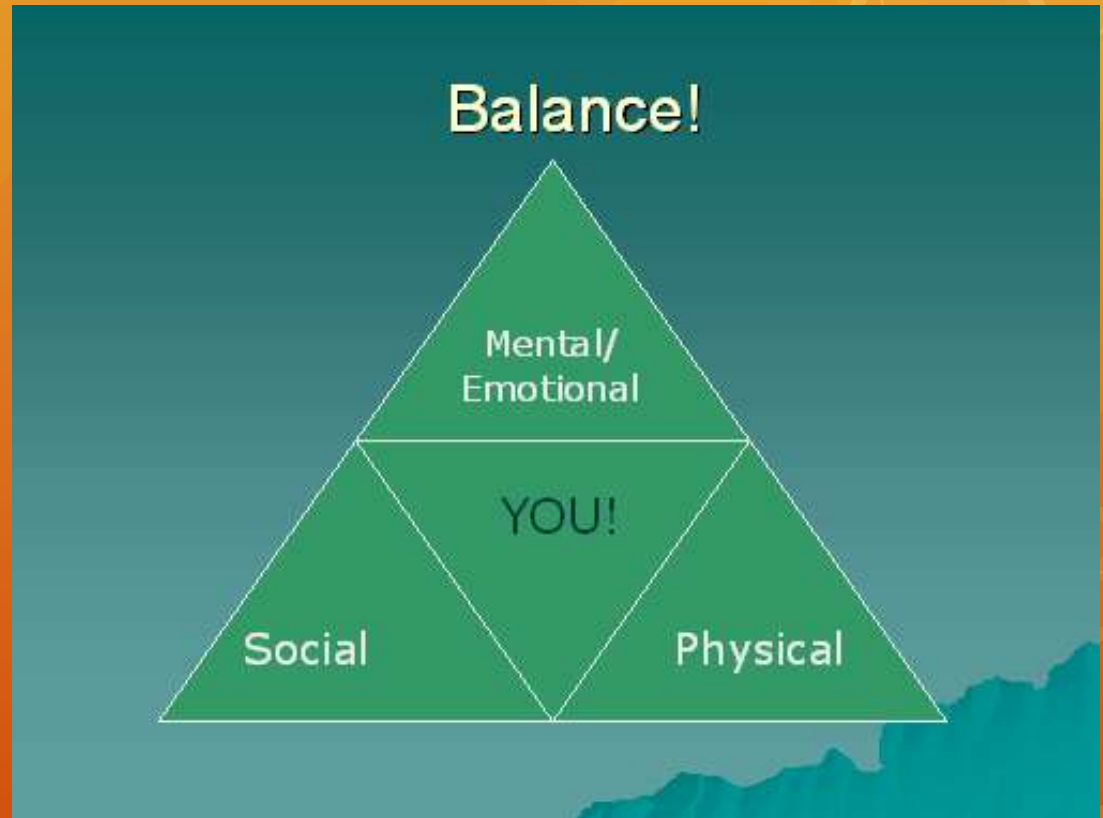
What is Health?

Defined as the combination of physical, mental/emotional and social well being, your health is something that is constantly changing.

Who's responsible for your health?

Draw the Health Triangle

Why is it important to keep it balanced?



What is Physical Health

Basically how well your body functions.

Normally you should be able to perform daily activities with energy, deal with everyday stress, avoid injury, and resist disease.

But how does one achieve such greatness?

1. **Rest:** How many hours of sleep should you get?
2. **Eat/fluids:** How often should you eat and how much water should you get per day?
3. **Physical activity:** How long should you exercise?
4. **Abstinence:** What should you avoid?
5. **Hygiene:** What should you do daily?

What is Mental/Emotional Health

- This is about your feelings/thoughts about yourself, how you meet the demands of daily life and how you cope with problems that occur in life.

- **So what are you?**

Positive, negative, optimist, pessimist, type A personality or type B personality

- ❖ **Spiritual Health** is a deep-seated sense of meaning and purpose in life.

Who am I and what am I here for?

As person who is mentally/emotional healthy you.....

- Enjoy challenges that help you grow
- Accept responsibility for your actions and make thoughtful and responsible decisions
- Have a sense of control of your life
- Can deal with life's stresses and frustrations
- Can express your emotions in appropriate ways

What is Social Health

- Basically..... Your ability to get along with others.
- What is your social network?

Family

Friends

Teachers

Members of your community

- **How do you maintain a healthy relationship?**

Seeking and lending support when needed

Communicating clearly and listening to others

Showing respect and care for yourself and others

- **What do you consider an unhealthy relationships?**

Keeping it all balanced

When your health triangle is balanced, you have a high degree of wellness.

(an overall state of wellbeing or total health)

The Health continuum shows you what can happen when your health triangle gets out of balance.

What are the risks factors that can cause this imbalance and possible lead to chronic disease?

Heart disease, smoking, over weight/obesity, poor nutrition or physical activity, and lack of health screenings

What are considered "health screenings"?

- http://www.mcgrawhill.ca/web_resources/sch/GlencoeHealthsamplech1.pdf

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To keep balance you should also set goals for your health.

Choose a goal that will enhance your health and the health of others. Apply the goal-setting steps to help you reach your goal.

- 1. Identify a specific goal and write it down.**
- 2. Is your goal measurable?**
- 3. Is your goal attainable?**
- 4. Is your goal realistic?**
- 5. Is your goal achievable in an appropriate timeline?**

Once you have set your goals what should you do next?

Monitor, adjust (break it into smaller goals), and ask for help when you need it.

What can affect your health

- **Heredity**

What can you inherit from your family?

- **Environment**

How does your Physical environment, social environment and culture affect you?

- **Attitude**

How does the way you view situations affect your health?

- **Behavior**

Do you avoid high-risk behaviors and practice healthful behaviors?

Can your behavior cause problems for the people around you?

- **Media and Technology**

How can this two forms of communication affect your health?

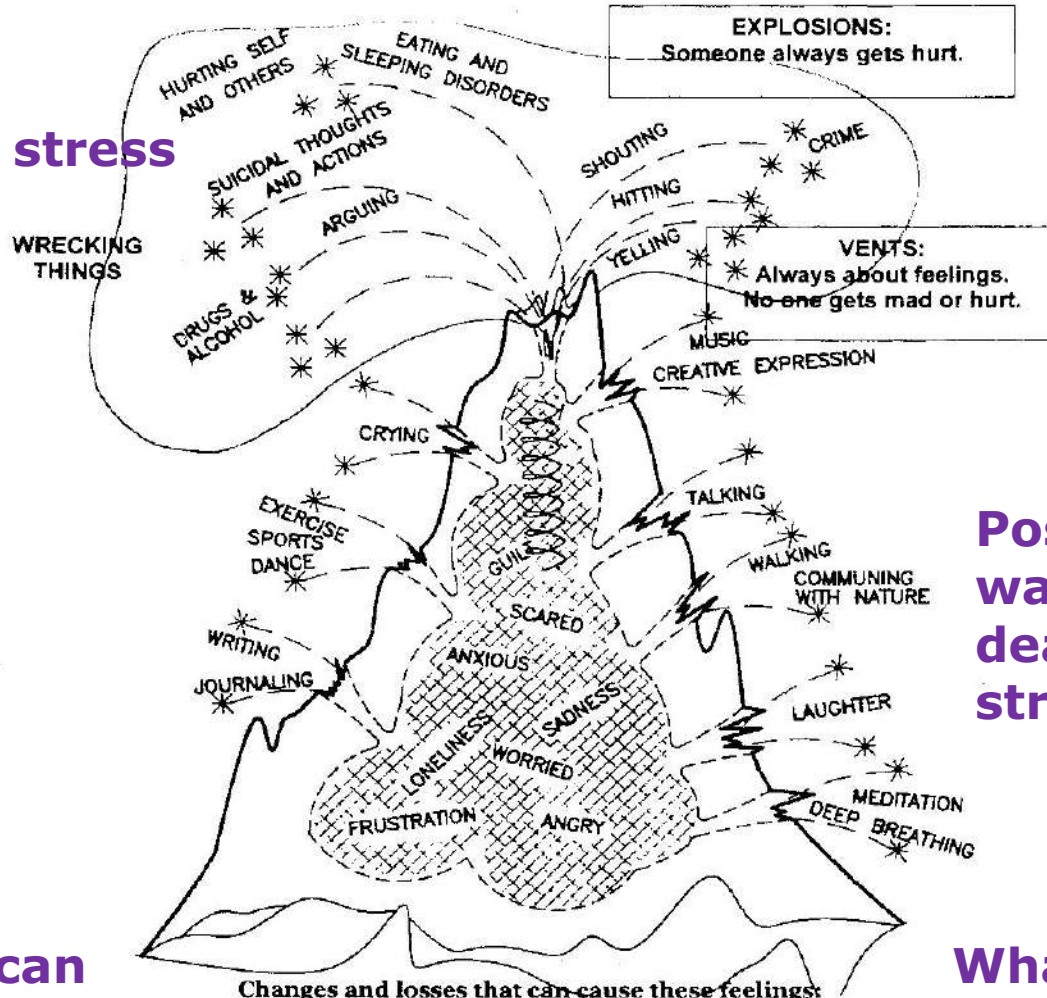
What are the positives and negatives of both?

How do you know if it's a good medical site?

CDC, AMA, and WHO

Stress

THE VOLCANO MODEL OF BEHAVIOR MANAGEMENT AND FEELING RELEASE



Negative ways to deal with stress

Positive ways to deal with stress

What can cause stress

What is positive stress
Verses negative stress?

RESTS:
Ways to take a break from feelings

Children
Created by Ann Sparling, MS
artwork by Fred Roberts
© 1998

Job stress

- http://www.cnbc.com/id/45859025/America_s_Most_Stressful_Jobs_2012

What's the common theme in all of these jobs?

Double bubble map compare and contrast stress for adults and stress for teenagers

Components The Stress Response

- Autonomic Nervous System: Action within the central nervous system that is “reflexive.”
 1. Sympathetic Nervous System
 2. Parasympathetic Nervous System

Fight or Flight = ALARM Stage



- The Sympathetic Nervous System takes an active role in triggering the stress response.
- The Sympathetic Nervous System effects include increased:
 - *arousal*
 - *blood pressure*
 - *heart rate*
 - *respiratory rate*
 - *physical activity*

Fight or Flight Response

- Muscles become tense.
- Heart rate increases.
- Blood pressure increases.
- Breathing increases.
- Pupils dilate.
- Digestion slows down or stops.
- Hearing becomes better.
- Sweating increases.
- Skin temperature decreases.
- Immune system slows down.
- More blood is sent to the muscles for quick movement.
- Liver releases sugar for quick energy.
- Amount of stomach acid increases.



Pick
5

Resistance Stage

- Acts as an equalizer
- Brings body functions back to stability



Exhaustion Stage

- Energy is depleted
- Body returns to normal if stress is removed
- Body returns to alarm stage if stress continues which can result in stress-related diseases:
 - Skin disorders
 - Gastrointestinal upset
 - Menstrual irregularities
 - Cardiovascular disorders

Warning Signs of Stress

Physical Signs of Stress

- *Headache*
- *Increased sweating*
- *Sweaty palms*
- *Tightness of chest*
- *Diarrhea*
- *Nervous stomach*
- *Slumped posture*
- *Inability to fall asleep*
- *Dry mouth*
- *Increase in crying*
- *Fatigue*
- *Neck or backache*



Emotional / Mental Signs of Stress

- *Irritability*
- *Angry outburst*
- *Impatience*
- *Nightmares*
- *Loss of interest*
- *Anxiety / nervousness*
- *Negative thinking*
- *Jealousy*
- *Forgetfulness*
- *Lowered self-esteem*
- *Inability to concentrate*
- *Focusing on the past*
- *Resistant to change*
- *Preoccupation*

Behavioral Signs of Stress

- *Restlessness*
- *Fidgeting*
- *Carelessness*
- *Loss of appetite or overeating*
- *Unable to sleep*
- *Chronic fatigue*
- *Decreased productivity*
- *Increase in alcohol and drug use*
- *Increase in risk taking*
- *Withdrawing from relationships*



Stress-Related Diseases & Conditions

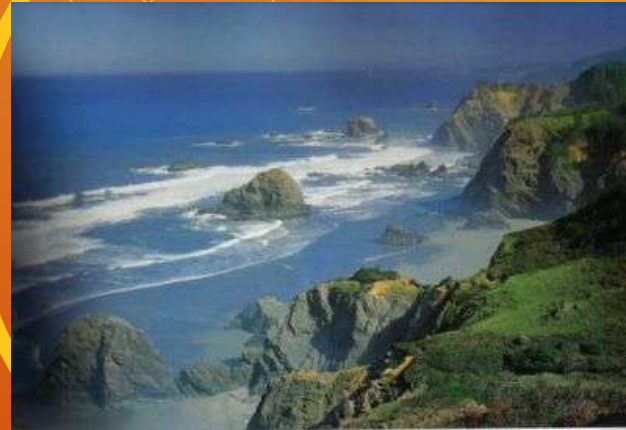


- Gastrointestinal disorders
- Skin Disorders
- Cancer
- Cardiovascular disorders
- Depression
- Anxiety

Your Mental Health

1. List what makes you stressed out and the warning signs you get when you are getting stressed.
2. Now list how you cope with these stresses and decided if the way you cope with them is healthy or unhealthy.
3. Do you need to improve your ability to cope with stressful situations? How will you do it? (pick some healthy stress relievers from your notes)
4. What are some health concerns that could develop from not coping with stress?

**** **Normal or Excessive Stress activity**



Tools to Reduce Stress

○ **Reduce the Number of Commitments**

We often fall into a trap that we believe we can take on more than we should. Before you say, "Yes" to a request, ask yourself if you have time to do what is being asked. Will it add stress to your life? Will the rewards outweigh the stress? If you need to say no, politely explain that you are not able to take on an additional activity.

○ **Time Management**

The wonderful thing about 9th grade is that you get to choose among many new and interesting activities. But this requires you to take responsibility for scheduling your time efficiently. Setting priorities correctly is a sign of maturity and the best tool for reducing stress. Homework and studying should be at the top of your list. Use a calendar. Place test dates on your calendar. Studies show that individuals who study several nights in a row before a test perform better than those who try to learn all the information the night before the test.

***Calendars

○ **Believe in Yourself**

It is easy to think negative thoughts before stressful situations. "I never have been very good with math!" "Everyone knows algebra is hard." While it may seem more difficult, it is far more productive to concentrate on positive self-talk. Try to come up with sentences with a positive tone. "I have been studying very hard for this test, I'm sure I will do well." Since this is self-talk, no one will hear it but you. You could even sound like you are bragging. "I am very smart. I am wise, good looking, and cool. I am the master of the universe." So what if you chuckle to yourself, the trick is to relax and to keep out the negative "vibes".

○ **Exercise and Eat Well**

A wise man said, If your mind is tired, exercise your body. If your body is tired, exercise your mind. If you have been studying hard, take a break. Try taking a walk, shooting some hoops, or going for a bike ride. When you return, you should feel more mentally awake and ready to return to the books. Anxiety may be accompanied by physical sensations including increased heartbeat, shortness of breath, stomachaches, or head aches. A healthy body will come to your aid.

Mental Disorders and Symptoms



General Anxiety Disorder (GAD)

- Definition: Severe, ongoing anxiety that interferes with day to day activities.
- Treatment methods:
medication and/
or therapy



Social Phobia (Social Anxiety Disorder)

- Definition: Social phobia is a strong fear of being judged by others and of being embarrassed.
- Similar to GAD, Social Phobia can also interfere with day to day activities.
- Treatment methods:
medication and or
therapy/counseling



Obsessive-Compulsive Disorder (OCD)

- Definition: OCD is an anxiety disorder that leads people to performing repetitive tasks that interfere with everyday life.
- Treatment Methods:
medication and
behavioral therapy



Post Traumatic Stress Disorder (PTSD)

- Definition: A mental health condition that is triggered by a terrifying event. Symptoms may include nightmares, flashbacks and severe anxiety.
- Treatment Methods: therapy and or medication



Panic Disorder

- Definition: An involuntary anxiety or “panic” attack, triggering severe physical reactions.
- Treatment Methods:
medication and/
or therapy



5 Types of Anxiety

Type of Anxiety

1. Generalized Anxiety Disorder
2. Obsessive Compulsive Disorder
3. Panic Disorder
4. Post Traumatic Stress Disorder
5. Social Phobia

Questions:

1. Can two people experience the same stress yet only one acquires an anxiety disorder? If so, why?
2. If you found out that somebody around you had social anxiety disorder, how would knowing this help to better understand that person?
3. Does an anxiety have to be logical for it

Symptoms

- a.** Unexpected and repeated episodes of intense fear
- b.** A pattern of constant worry and anxiety over many different activities and events
- c.** Unwanted and repeated thoughts, feelings, ideas, sensations, or behaviors that make them feel driven to do something
- d.** A persistent and irrational fear of situations that may involve scrutiny or judgment by others, such as parties and other social events
- e.** This anxiety can occur after you've seen or experienced a traumatic event that involved the threat of injury or death