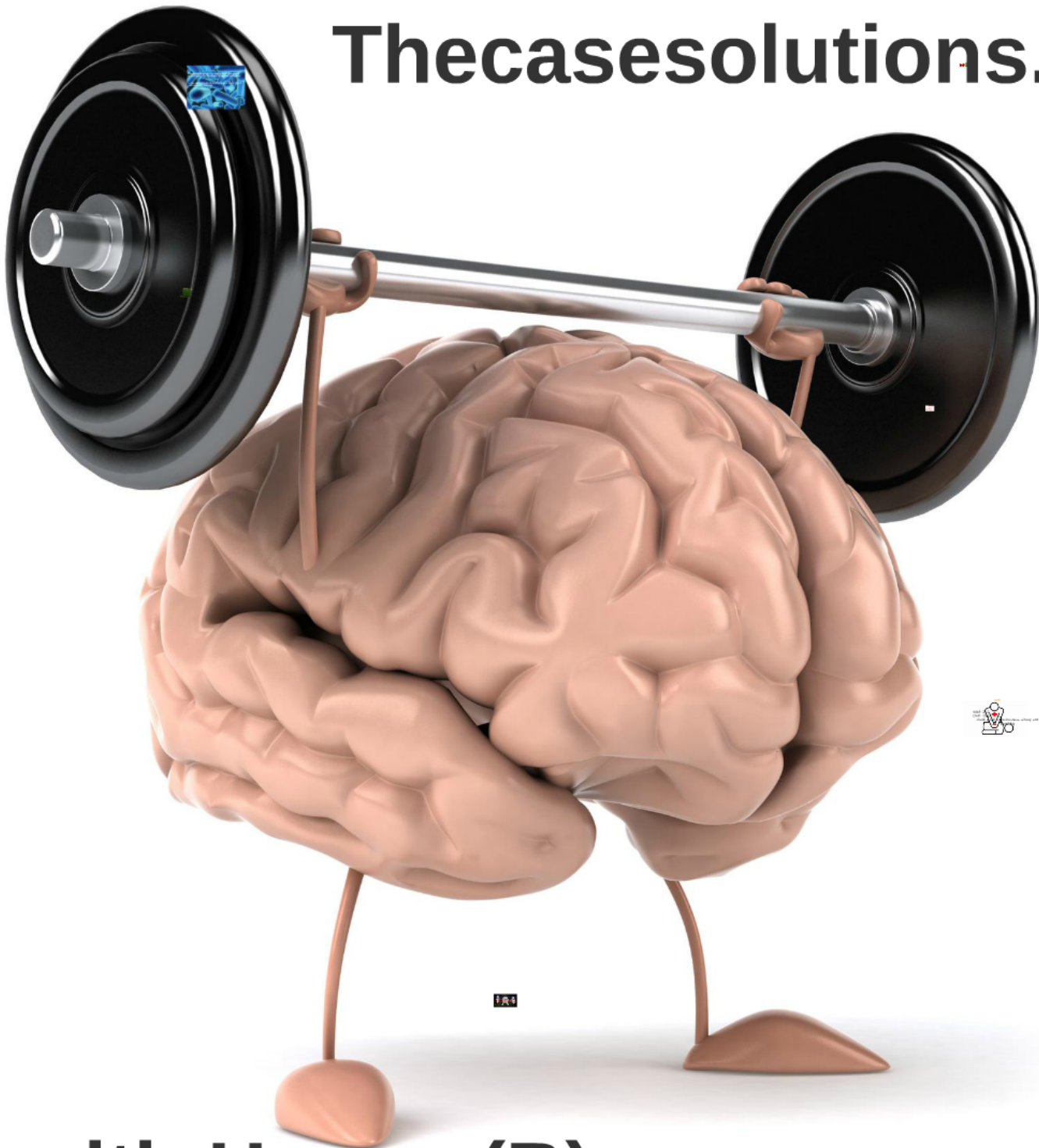


The Health Haven (B)



The Health Haven (B)

Mental, Social, and Physical Health



Mental health is a person's condition and regard to their psychological and emotional well-being.

Social health is how you get along with other people, how other people react to you, and how you interact with society.

Physical health is an essential part of overall health of an individual, which includes everything from physical fitness to overall wellbeing.

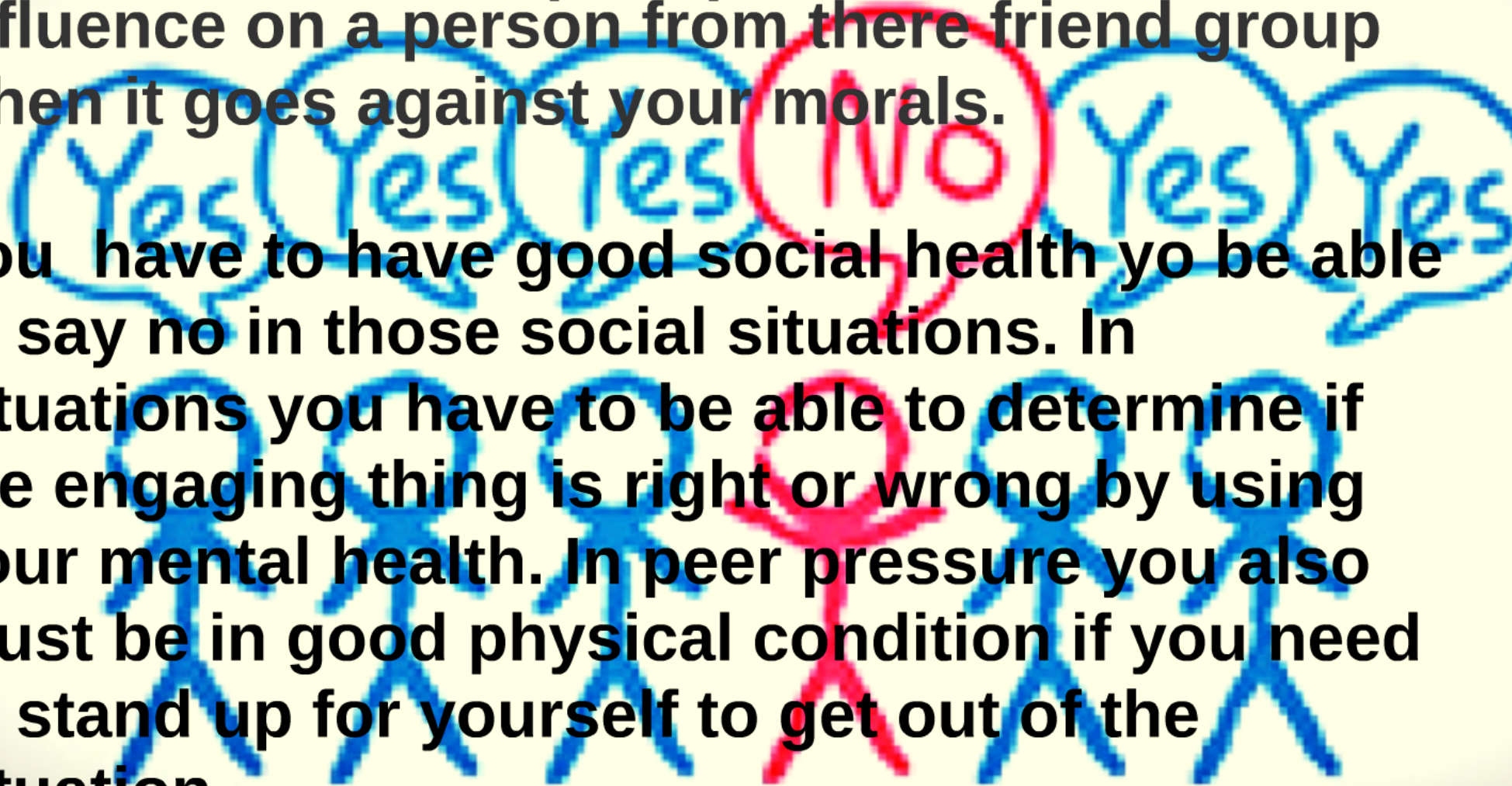
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What is peer pressure?

Influence on a person from their friend group when it goes against your morals.

You have to have good social health to be able to say no in those social situations. In situations you have to be able to determine if the engaging thing is right or wrong by using your mental health. In peer pressure you also must be in good physical condition if you need to stand up for yourself to get out of the situation



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What is self-esteem?

self esteem is yourself worth, abilities, and respect

Self esteem can affect you mental health because it can make you feel like you are going to fail at things you do, therefore making you depressed and have anxiety

People with low self esteem may to preserve or form new social relationships because they are less likely to seek out social activities

Self esteem can affect your physical health because you may think you are too big and stop eating and if you think you are too small you might start eating unhealthy amounts of food

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Decision making skills

decisions are made every day that affect anyone and every one around you

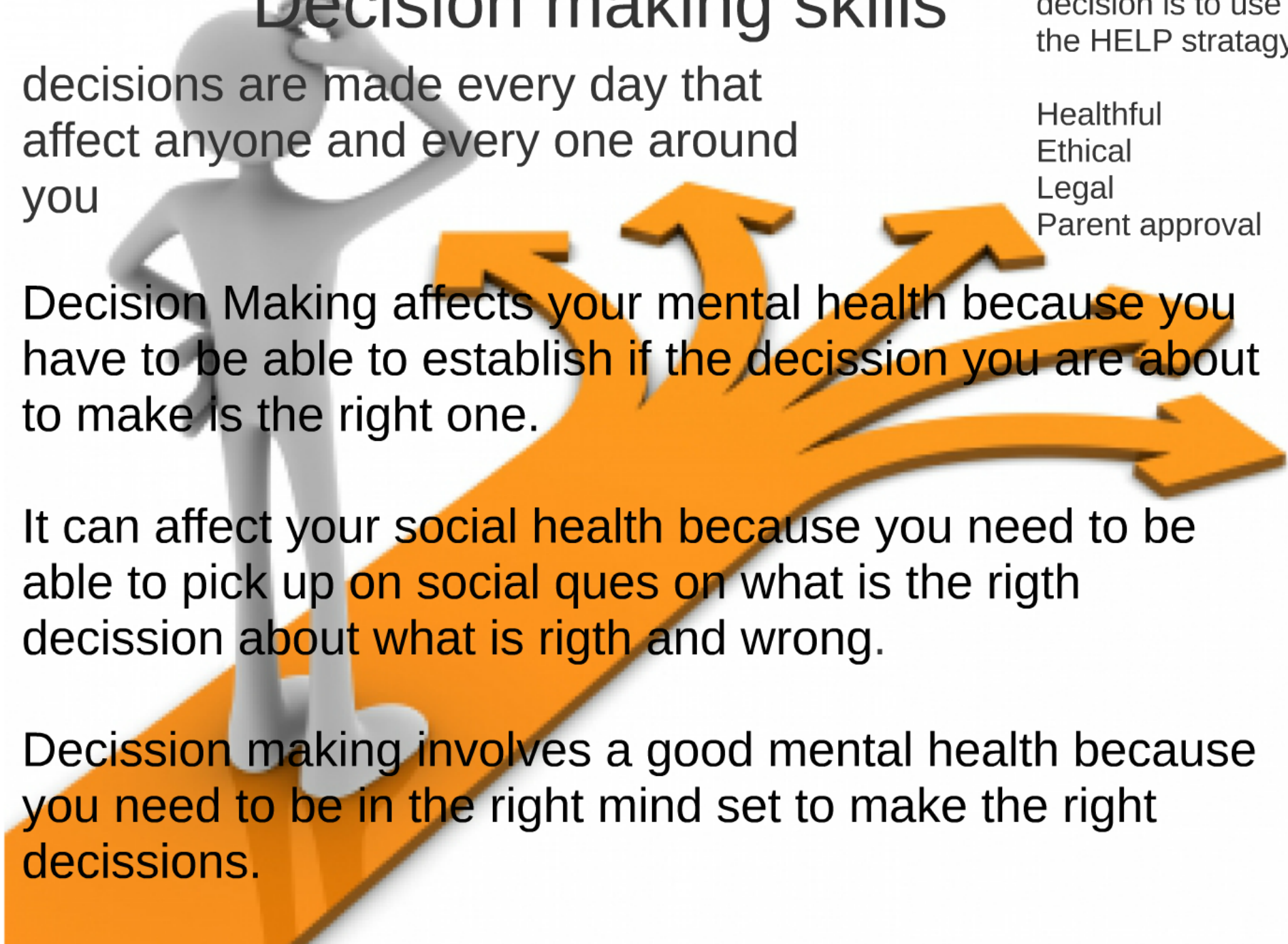
Decision Making affects your mental health because you have to be able to establish if the decision you are about to make is the right one.

It can affect your social health because you need to be able to pick up on social cues on what is the right decision about what is right and wrong.

Decision making involves a good mental health because you need to be in the right mind set to make the right decisions.

Steps to take before making a decision is to use the HELP strategy:

- Healthful
- Ethical
- Legal
- Parent approval



Character

character is the distinctive qualities that describes how a person thinks, feels, and behaves

Character affects your mental health because if you have good character then you have a good mental set on your values

Your social health is involved in character because you need to know what is right and wrong and people to be around or not

Your physical health affects your health because in you are in good health then you are happier making you more likely to put your values as a priority



clever

friendly

smart

quiet

helpful

cheerful

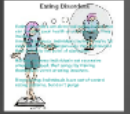
out-going

Nutrition

Nutrition is the process by which your body takes in food and uses it for energy and provides nutrients

Nutrients are substances in food that your body needs to grow and repair itself

A good way to manage your eating habits is to have a food guide or make a plate as a reference. The plate should be colored with each section of the different amounts of food groups and serving sizes.



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Weight Management

It is important to eat a variety of healthful foods such as fruits and vegetables to help prevent weight gain type 2 diabetes.

It reduces the risk of cardiovascular disease, stroke, and certain cancers. You should also get up to 60 minutes of exercise a day to maintain a healthy weight

