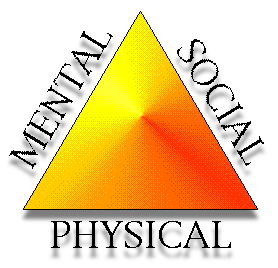
What affects the Health triangle?

|  |  |  |
| --- | --- | --- |
| **PHYSICAL HEALTH**  **measured by energy** | **MENTAL HEALTH**  **measured by self image and self respect** | **SOCIAL HEALTH**  **measured by quality of your relationships** |
| 1. **Working out** 2. **Lifting weights** 3. **Riding a bike** 4. **Going on the elliptical** 5. **Doing sit-ups** 6. **Doing pushups** 7. **Eating healthy foods** 8. **Avoid eating junk food.** 9. **Avoid doing abusive substances.** 10. **Drinking water** | 1. **Get a good night’s rest.** 2. **Do things that you enjoy.** 3. **Take care of yourself.** 4. **Have time for yourself.** 5. **Ask for help when needed.** 6. **Self-appreciation** 7. **Childhood experiences** 8. **Trauma** 9. **Environment** 10. **How active you are around people (Social isolation)** | 1. **Join clubs.** 2. **Be involved in the community.** 3. **Be friendly.** 4. **Follow the golden rule.** 5. **Treat others how you want to be treated.** 6. **Spend time with family and friends.** 7. **Learn how to deal with stress.** 8. **Respect others and yourself** 9. **Try to be positive.** 10. **Talk to more people.** |

**Critical Thinking**

#1. **What side of the triangle is the easiest to maintain? Why do you think that?**

I believe the easiest triangle to maintain would be the physical side since it is very manageable to do and you can

adjust your schedule to fit activities in. Working on your physical side is a must since it contributes to the

other triangle sides as well.

#2. **What side of the triangle is the most difficult to maintain? Why do you think that?**

I feel like the most difficult side of the triangle to maintain is the mental side of the triangle since emotions are pretty difficult to control and people don’t realize that they’re mentally ill until it is too late.

#3. **In your own words, explain why it is important to keep all 3 sides of the triangle in balance.**

It is important to keep all three sides of the triangle in balance since the triangle represents your overall well-being. If there is an imbalance of the triangle, then you would not feel good about yourself. One imbalance would lead to the imbalance of the other sides and then you would plummet.

Read the following situations and explain how the physical, mental and social sides of the health triangle might be affected.

Example: Joe is very nervous about the Spanish test tomorrow, he has not started studying.

Physical: The body might shake or become unstable due to worrying too much about it.

Mental: Might start doubting intelligence and become anxious.

Social: May be afraid to talk to friends or ask them for help, since he’s already very nervous about the test.

#1. Mary decides to try out for the high school soccer team and makes the team.

Physical: She would start training harder to maintain her spot on the team.

Mental: Mary feels good about herself that she made the team

Social: She could make friends with her teammates

#2. Every day when Tom gets home, he plays a game on PS3, eats a bag of chips, and drinks a can of soda.

Physical: Eating unhealthy and not being physically active

Mental: Tom has a distraction from everything and finds gaming fun

Social: He could talk to his friends on the PS3

#3. Sue gives into peer pressure and decides to try a cigarette.

Physical: Sue is damaging her body

Mental: She felt pressured into trying a cigarette and might not feel very good

Social: Sue does not have very good friends, and might need to talk about it to others

#4. Todd is frustrated with his parents. He thinks his older sister has more privileges than him.

Physical: He might let out his anger by punching something or eating more

Mental: Todd is infuriated with his parents and might do bad things to cope

Social: Todd might speak to his friends about his parents and his sister

#5. Create your own situation using a healthy or unhealthy behavior.

Situation: Trevor enjoys spending time online with his friends

Physical: Sitting down and not getting physical exercise

Mental: Happy to talk to his friends

Social: Getting closer to his friends