

Physical

Spiritual

Emotional

## The Six Components of Health

Social

Environmental

Mental

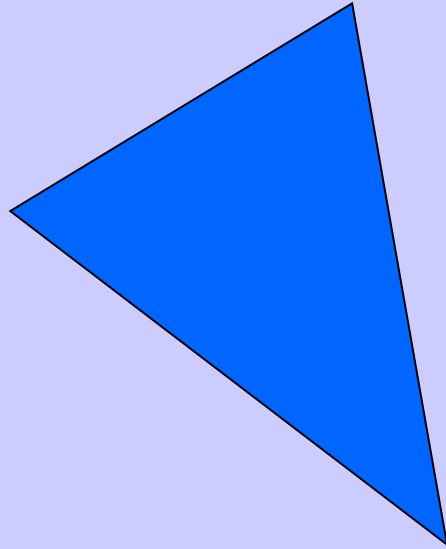
# Health and Wellness

- Health is the state of well-being in which all of the components of health are in balance
- Wellness is broken down into six major categories
- To be truly healthy; You must take care of all six components

# The Six Components of Health

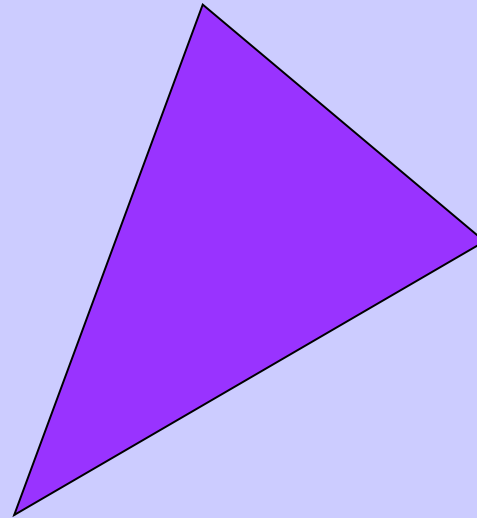
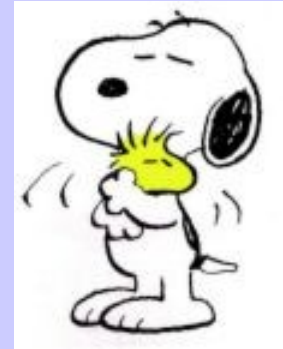
- Physical
- Social
- Environmental
- Emotional
- Spiritual
- Intellectual/Mental

# Physical Health



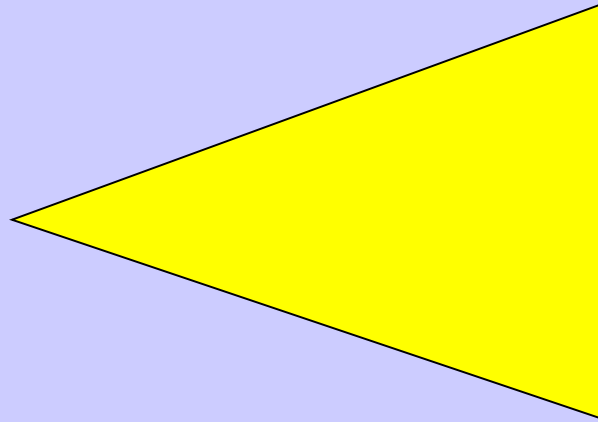
Physical health refers to the way that your body functions. This includes eating right, getting regular exercise, and being at your recommended body weight. Physical health is also avoiding drugs and alcohol and being free of disease and sickness

# Social Health



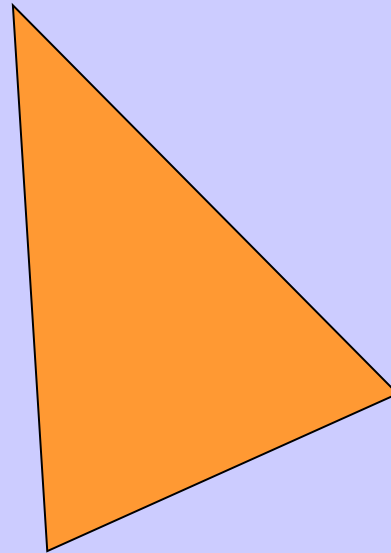
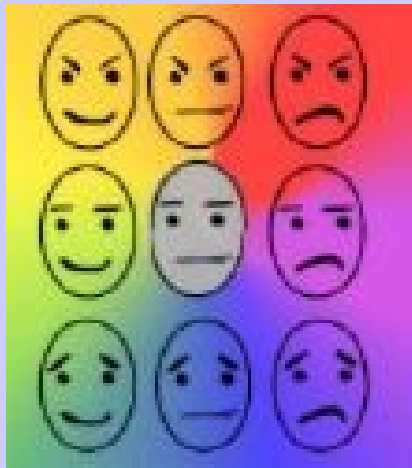
Social health is the quality of your relationships with friends, family, teachers, and others you are in contact with.

# Environmental Health



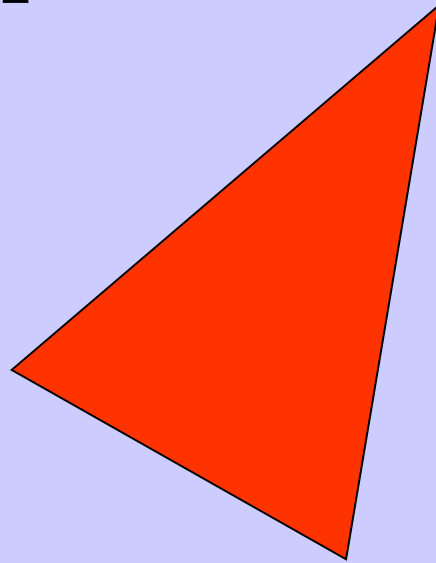
Environmental health is keeping your air and water clean, your food safe, and the land around you enjoyable and safe.

# Emotional Health



Emotional health is expressing your emotions in a positive, nondestructive way.

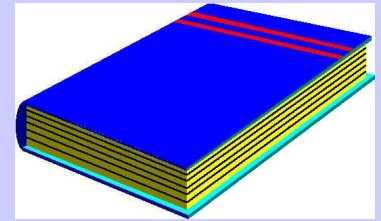
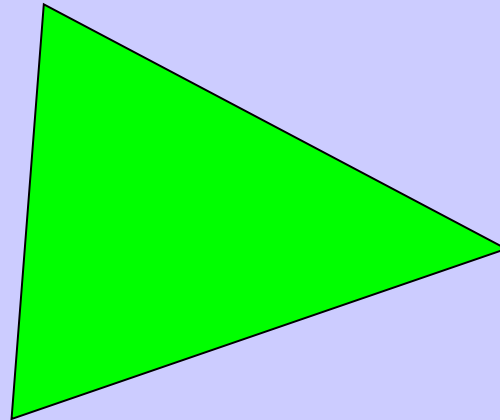
# Spiritual Health



Spiritual health is maintaining harmonious relationships with other living things and having spiritual direction and purpose. This includes living according to one's ethics, morals, and values.



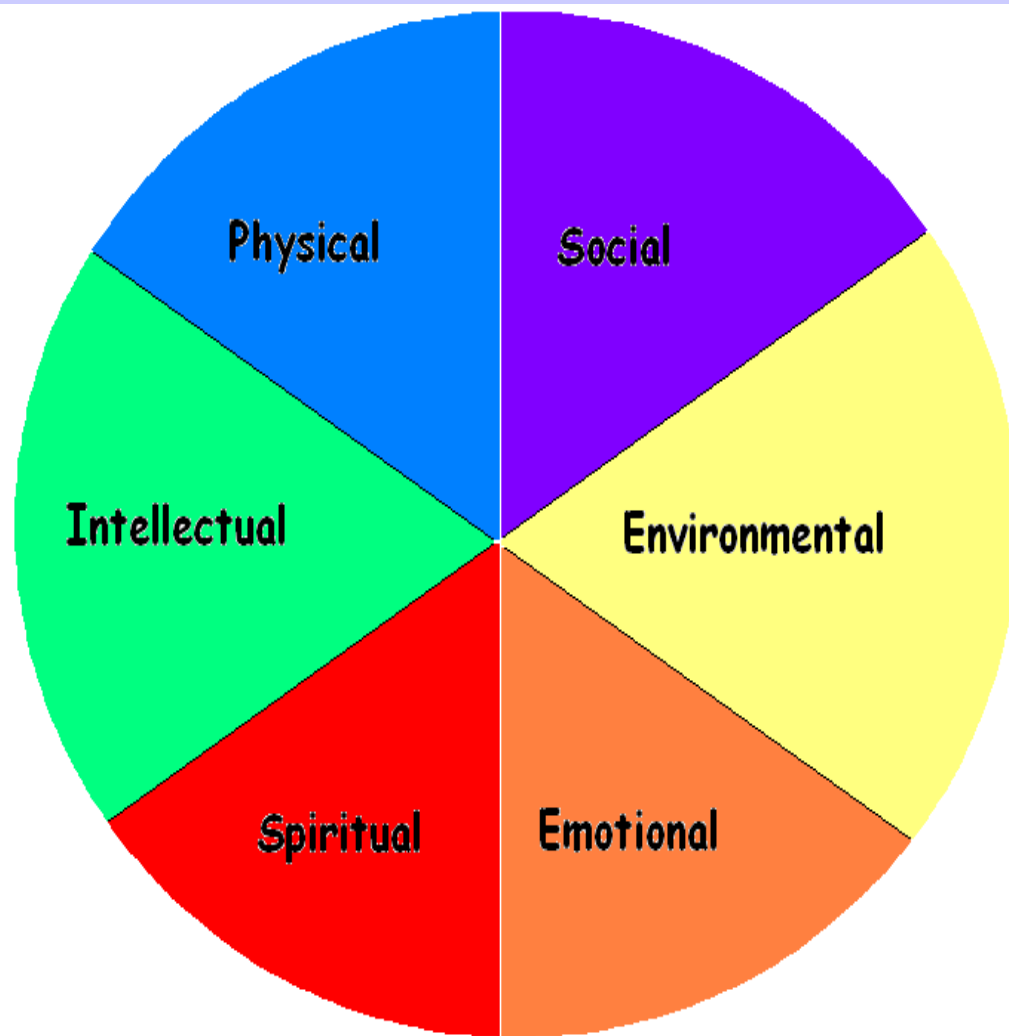
# Intellectual/Mental Health



Self-Esteem

Mental health is the ability to recognize reality and cope with the demands of daily life

# The Wellness Wheel Complete



# Wellness: Striving for Optimal Health

- Many components of health can be affected by other components
- If one is weak; it can affect your overall health.
- Wellness is the achievement of a person's best in all six components of health.

# The Wellness Continuum

- It is unrealistic to have complete wellness all of the time.
- No one is ever completely healthy or unhealthy
- The more healthy behaviors you choose the better off you will be in the wellness continuum and achieving optimal health.

- Wellness is a continuum ranging from death to optimal health.
- You can choose your behaviors to move closer to optimal health.

