Striving For Personal Wellness

Making Healthy Choices and Decisions
What Determines Health?

- Health Behavior
- Physical Environment
- Heredity
- Health-Care Services
Striving for Personal Wellness

<table>
<thead>
<tr>
<th>Physical Wellness</th>
<th>Social Wellness</th>
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<tbody>
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<td>refers to the health of the body</td>
<td>refers to relationships with others</td>
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<th>Emotional Wellness</th>
<th>Intellectual Wellness</th>
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<td>is achieved through acceptance and awareness of feelings and self-image</td>
<td>encourages to gather knowledge through stimulating learning experiences</td>
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Making Healthy Choices

- Risky behavior can directly affect your health
- The Wellness Continuum illustrates the relationship between health and risk behaviors
- The Decision Making Model can help you handle times of conflict
Understanding Risks

- Risk is a degree of danger that goes along with a situation
- Health risks are based on what has happened to a number of people in the recent past. Epidemiology is a study of factors that cause illnesses in an effort of determine their chances of occurring.
- Responsibility to self and to others
Making Decisions

- Identify the problem: what is the cause for your problem?
- Consider your options: What are your choices? Consider your values.
- Evaluate the outcomes: What are possible consequences: positive and negative.
- Decide and act: What do you choose to do?
- Review your decision (the results): What can I learn from this experience?