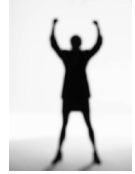


Year 8: Health and the Whole Person



WHAT DOES IT MEAN TO BE HEALTHY?

If asked about what it means to be healthy, most people would automatically talk about **physical health** and the importance of fitness, diet, hygiene, as well as avoiding abusing our bodies with substances like tobacco and alcohol. But did you know that being a healthy person does not just involve being physically fit? Rather, to be healthy means to develop as a 'whole person'. There are four elements of health, beyond physical health that contribute to the development of a healthy person.



Social Health: means that you develop good relationships with family, friends and in your community.



Emotional Health: means that you are aware of your feelings and the effects your feelings can have on your behaviour.

Cognitive Health: means that your brain is awake and that you are able to think and learn. You enjoy a challenge.



Spiritual Health: means you have personal beliefs and feel at peace with the world and those around you.

TASKS:

1. Using pictures of people from newspapers, magazines and from the internet, produce a collage to demonstrate what makes a healthy and unhealthy person. Try to find an image for each of the five elements of health listed above: physical, social, emotional, cognitive and spiritual health.
2. Complete worksheet 1 'Knowing yourself Quiz' and beside each statement write which element of health, physical, social, emotional, cognitive or spiritual each refers to.
3. Complete worksheet 2 'Personal Audit Sheet' and consider your own health. What parts of your health are good? What parts do you need to work on?

REVEAL HOW YOU FEEL! AN EMOTIONAL HEALTH SURVIVAL GUIDE

Growing up is not easy! Sometimes we experience feelings and emotions that are hard to explain and bad moods that seem to come from nowhere! Believe it or not, everyone, although they may not show it, experiences anger, sadness, frustration, fear and loneliness at some point in their lives. It is not wrong or embarrassing to feel these things, but it is important to learn how to deal with your emotions.

One of the best ways to overcome difficult emotion is to learn to talk about your feelings to your family, your friends, or whoever you feel comfortable with. And don't forget to share your happy times with others. Your enthusiasm may just help someone else escape their dark corner!



TASKS:

1. Complete worksheet 3 by adding a word to the end of each statement. There are two pages to this exercise.
2. Complete the first 3 pages of worksheet 4. Make sure that you use full sentences to do so. On page 3 look up any of the words you don't know in the dictionary and write a definition. Ignore the last two pages.
3. Read through the first page of worksheet 5 on types of unhelpful thinking that can make you feel unhappy and answer the questions on the second page.
4. Write a list of ways that you can try to avoid this type of unhelpful thinking. Try to think of one way for each.