

# 4 Dimensions of Health

"Of all subjects taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life"...*Allen Russell*

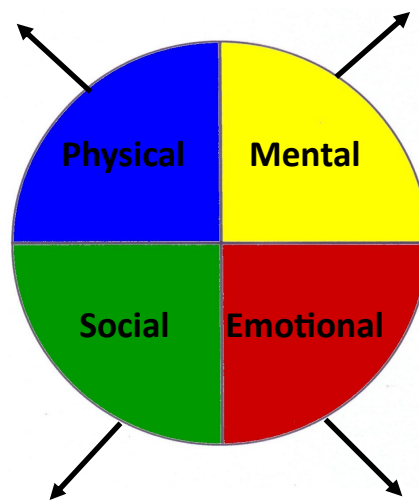
"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong" *John F. Kennedy*

Every single decision you make, from choosing whether or not to brush your teeth and what to wear to school to more serious issues such as being pressured by peers to try drugs, has consequences. Consequences can be negative and/or positive or negative affecting each of your

## 4 Dimensions of Health.

The process of making choices to create flexible, cardiovascularly fit, energetic, strong bodies. The choices we make are related to exercise, nutrition, rest and sleep, intentional and responsible sexual choices, stress management, management of injury and illness, and the responsible use of alcohol and other

The process of creating and maintaining healthy relationships through the choices we make. It embraces relationships at home and work, friendships, and our relationships with all people and future generations. The social dimension encourages contributing to your human and physical environment for the common welfare of your community.

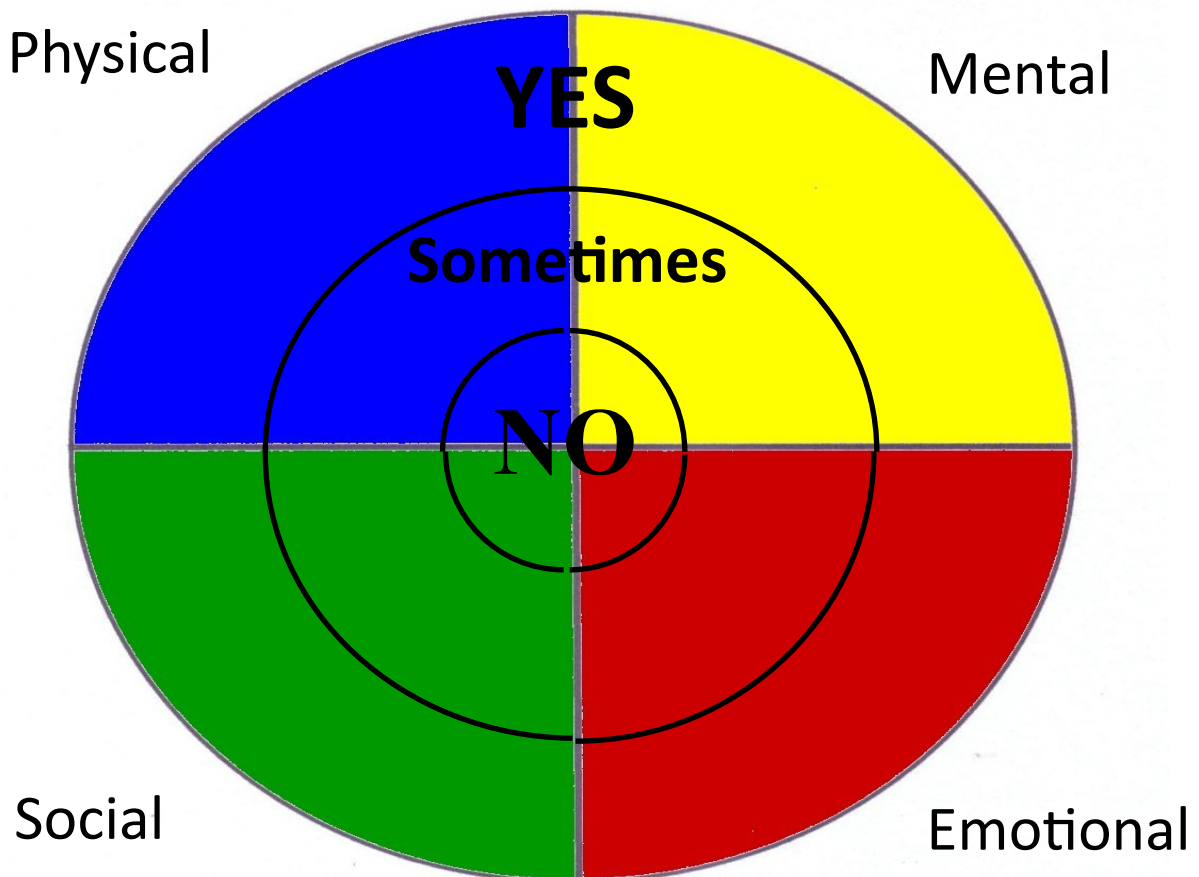


The process of using our minds to create a greater understanding and appreciation of the universe and ourselves. Intellectual wellness is not dependent on intelligence or ability; rather it requires making connections, appreciating natural connections, examining one's opinions and judgments, and questioning.

The process of accepting our worth, creating, recognizing, and expressing our feelings, and talking to ourselves in healthy ways. Creating and maintaining a positive, realistic self-concept is also part of this process, as is realistically assessing potential and limitations. Emotional wellness also includes the practice of talking about feelings--fear, anger, sadness, and joy, and selecting healthy behavioral expressions of those feelings.

## 4 Dimensions of Health Wellness Wheel Questionnaire

1. Before beginning this assignment, based on the notes from the previous page, predict if you think you will be strong or weak in each of the 4 specific areas (physical, mental, social and emotional health). Write your predictions on the first 2 lines of your notebook paper after you write your name and heading on your paper.
2. *RE-CREATE THE WHEEL ON YOUR OWN PAPER.* The wheel below has 3 target areas. The inner area is “NO”, middle is “Sometimes” and outer is “YES. Answer the questions on the next pages to find out where you fall within each of the 4 Dimensions of Health. For each question, answer yes, sometimes or no. At the end of each section, count up the responses and fill in the blanks. Fill in the part of the ring that represents the majority of your answers for each of the 4 quadrants. Ex. If I added up 6 “yes”, 3 “no” and 8 “sometimes” for the Mental Health quadrant, I would fill in the middle ring because the majority of my answers were “sometimes” and the instructions say “sometimes” is the middle ring. After you have finished the Wellness Wheel activity, answer the questions that follow on your own paper as well.



## Physical Wellness

1. I exercise aerobically (vigorous, continuous) for 30 minutes at least four times per week.
2. I eat fruits, vegetables, and whole grains every day.
3. I avoid tobacco products.
4. I wear a seat belt while riding in and driving a car.
5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
6. I avoid drinking alcoholic beverages.
7. I get an adequate amount of sleep (7-8 hours for your age).
8. I have adequate coping mechanisms for dealing with stress.
9. I maintain a regular schedule of immunizations, physicals, dental checkups and self exams.
10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.

\_\_\_\_\_ NO                      \_\_\_\_\_ Sometimes                      \_\_\_\_\_ YES

## Social Wellness

1. I contribute time and/or money to social and community projects.
2. I am committed to a lifetime of volunteering.
3. I exhibit fairness and justice in dealing with people.
4. I have a network of close friends and/or family.
5. I am interested in others, including those from different backgrounds than my own.
6. I am able to balance my own needs with the needs of others.
7. I am able to communicate with and get along with a wide variety of people.
8. I obey the laws and rules of our society.
9. I am a compassionate person and try to help others when I can.
10. I support and help with family, neighborhood, and work social gatherings.

\_\_\_\_\_ NO                      \_\_\_\_\_ Sometimes                      \_\_\_\_\_ YES

## Mental Wellness

1. I learn from my mistakes and try to act differently the next time.
2. I follow directions or recommended guidelines and act in ways likely to keep myself and others safe.
3. I consider all of the alternatives and possible consequences before making decisions.
4. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.
5. I actively try to learn all I can about products and services before making decisions.
6. I manage my time well, rather than time managing me.
7. I am interested in learning new things.
8. I try to keep up with current events – locally, nationally, and internationally.
9. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
10. I carefully select movies and television programs.
11. I enjoy creative and stimulating mental activities/games.
12. I am happy with the amount and variety that I read.
13. I make an effort to improve my verbal and written skills.
14. A continuing education program (college or technical school) is/will be important to me in my career.
15. I am able to analyze, synthesize and see (recognize) that there is more than one side of an issue.
16. I enjoy engaging in intellectual discussions.
17. I am able to turn off or set aside my cell phone and computer to detach from technology for at least a couple hours at a time.

\_\_\_\_\_ NO                      \_\_\_\_\_ Sometimes                      \_\_\_\_\_ YES

## **Emotional Wellness**

1. I am thoughtful about situations and avoid acting impulsively without thinking about the consequences.
2. I have control of my emotions and am able to act and verbally respond to a situation with a sensible, level head when friends might get me upset or fired up emotionally.
3. My friends and family trust my judgment.
4. I think about my self-talk (the things I tell myself) and examine the real evidence for my perceptions and feelings.
5. I understand that I cannot make all people happy all of the time.
6. When I get frustrated, I have a plan for settling myself down.
7. I feel happy and cheerful.
8. I feel that I am needed and valued by my family and friends.
9. I can recognize stressors in my life.
10. I suffer frequent mood swings and attacks of anxiety.
11. I am aware that social media is not always an accurate predictor or indicator of someone else's real perception of themselves or their own life.

### **Questions and Goals**– answer on your own paper.

1. Which area was the strongest? The weakest?
2. Were you surprised at the outcome of the shaded areas? If so, why? Be specific with your answer.
3. What is a goal that you can set for yourself to be stronger in each area next time?
4. How can being aware of your Health Dimension strengths and weaknesses help you to have a more healthy life balance?