

Personal health assessment essay sample

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Through this paper I will review the results of the Self Assessment. This will allow me to identify as well as explain which three of the six dimensions of health are my strongest. I will also describe how I will improve on the three remaining dimensions. Through this course I will realize the changes that need to be made in order to improve on my overall health.

Each of the six dimensions of health are vital to a person's life and should be taken seriously in order to take care of our bodies. Incorporating each dimension to create a balance in our lives will lead to improved mental as well as physical health. Through behavioral changes this delicate balance can be achieved. Upon completion of the Self Assessment pertaining to the six dimensions of health the results have revealed there are three dimensions that I am strongest in and three dimensions that I need to improve on. I am strongest in Spiritual Health, Social Health, and Emotional Health. I need to improve on Environmental Health, Intellectual Health, and Physical Health.

Spiritual health is associated with how an individual sees their chosen religion, the path they take with the chosen religion, and how they look at life in general. I am strong in this dimension. This also relates to Social Health since both relate to how an individual acts towards others as well as how others act towards me. I do not associate with one particular organized religion I do believe in a higher power. I relate closely to the people I surround myself with and the earthly environment around me.

Social Health is associated with contributing to the community as well as the environment that is around each of us. I feel this relates to Spiritual Health also. I relate to others well in social situations and am aware of the

environment around me. I try to live in harmony with my community as well as the environment.

Emotional Health is associated with how a person recognizes awareness and acceptance of their feelings. Emotional Health incorporates the degrees to which an individual manages their feelings and behaviors. I am an emotionally stable individual. When I am faced with an emotional challenge I either work through it myself or talk in through with family or a friend. I respect my own feelings and emotional along with those of others.

Environmental Health is associated with concern for the environment such as litter clean up and recycling. I do have a concern for the environment, but I do not do as much as I am capable of. I do try to recycle as well as to purchase products made from recycled elements, but I sometimes find myself to busy and connivence wins me over. I do live on a beach and am actively involved in stopping beach erosion and daily clean up of the beach.

Intellectual Health is associated with how an individual processes information as well as their creativity and other mental activities. A part of Intellectual Health is thinking before you act and this is an area I could improve upon. I tend to act before I think when in an emotional situation. Taking the time to think through my reactions will be beneficial to me in the future.

Physical Health is associated with an individuals overall health. Physical development involves eating a healthy diet that encourages nutritional aspects, engaging in regular physical activity, achieving overall wellness. Physical Health also pertains to an individuals weight, their exercise level, and a persons overall wellness. I could improve in this area by eating more
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fruits and vegetables and eating less pre packaged and sugary foods.

Developing a meal plan and sticking to it will help. I could also exercise on a regular basis rather than off and on as I have been over the years. I need to take the time to care for myself in order to be around to care for others.

The most important behavioral change that I can make to improve myself would be to make better food choices and to exercise consistently. An individual can be taught through behavioral changes to learn a new behavior as well as to eliminate an old one. Through behavioral changes an individual can learn a new habit such as exercise and making wise food choices.

Through this course I would like to learn the tools to change my bad behaviors by creating new ones. Through new behaviors I can live a healthier lifestyle and be more productive at work as well as with my family.

The six dimensions of health are vital to an individuals overall health and happiness. Spiritual Health refers to your religion choice, Social Health refers to your communication skills, Emotional Health refers to how we deal with feelings and others around us, Intellectual Health refers to our mental activities, and Physical Health refers to our health and lifestyle. Keeping these dimensions in mind will allow an individual to improve their overall well being.

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