

Six dimension worksheet

[Health & Medicine](#), [Mental Health](#)



Associate Level Material Six Dimensions of Health Worksheet Part 1 For each of the following six dimensions of health, list at least one characteristic, activity, belief, or attitude that reflects that dimension in your life. Provide a brief explanation with each example. Refer to Ch. 1 in the text for explanations of these dimensions. Physical health: Exercising daily is an activity that helps Social health: An activity that reflects social health would have to be interactions with other people. If you are an antisocial person then you will end up being depressed.

Intellectual health: An activity that reflects intellectual health is thinking clearly. If you can't think clearly then you will not be able to make decisions in life. Environmental health: The way that you treat your environment around you. When you recycle you are making a decision to help the environment. Emotional health: An activity that reflects one's emotional health would be expressing your feelings. If I'm angry I keep my thoughts to myself so I won't hurt anybody's feelings. Spiritual health: Spiritual health involves your belief. Praying regularly is an activity that you do daily to strengthen your spiritual health.

Part 2 In approximately 125 to 200 words, describe health and wellness in your own words using the ideas and concepts for each of the six dimensions of health. Your overall health is a reflection on your physical, intellectual, environmental, social, spiritual, and emotional health. If you maintain all six dimension of health then you are creating a healthy life for yourself. Taking care of yourself physically will increase your longevity. You can do this by eating healthy, exercising daily and regular doctor visits. You can be very social if you communicate with people on a daily basis.