

Six dimensions of health worksheet essay sample



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BUSTER**

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: For my physical health I like to go hiking, and walking with my son. We live in a rather large apartment building, so on nice days we walk around the neighborhood. I have slacked off since I quit smoking, and I am now trying to retrain my body. I never realized how much just walking can improve my lung function.

Social health: For my social health I like to hang out with my girlfriends outside of work. We love to do lunch and see movies together. I also love chatting with my co-workers. I have had bad experiences in the past that have made me shy away from being very social at work, but I realized that being “ shy and quiet” that I did not have much fun at work. Now that I have started to open up I am learning more and more about the people I see every day.

Intellectual health: I think for my intellectual health I like to read books. A lot of self-help books that give me ideas on how to improve my life style, and even improve my brain function. I have had a very bad memory for a couple years, and I feel that by reading I am improving myself.

Environmental health: I feel that I keep myself environmentally healthy by keeping a tidy home and life (for the most part). I feel that keeping things organized, and picking up after myself (I have taught my kids this valuable lesson), I keep my entire body healthy.

Emotional health: My emotional health is something I have struggled with for years. I learned a bad habit early on to keep my feelings bottled up, and pretend nothing is wrong. Over the years my family and I have been working hard at communicating, which has helped us become closer as a family. Working on improving my mental health by expressing myself in a clear and concise manner has had positive effects on the other 5 health dimensions.

Spiritual health: My spiritual health is a touchy subject. I have beliefs that are somewhat unconventional, along with a strong Christian faith. It has been awhile since my family has been to church due to my work schedule, and other life interruptions but we do find time to pray with each other. My belief in a higher power is the only thing that kept me together after my son and husband passed away.