

Six dimensions of health worksheet

[Health & Medicine](#)



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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: Characteristics of the human body such as size, shape, sensory acuity, responsiveness, susceptibility to disease and disorders, body functioning, physical fitness and recuperative abilities. Physical health also included the ability to perform normal daily activities of daily living.

Social health: The ability to have interpersonal relationships that involve interacting with other people and adapting to different social situations. Being able to act appropriately daily in society.

Intellectual health: The ability to think clearly, reason accurately, analyzing critically and using your brain successfully to meet life's trials. It means to learn from your mistakes and successful decisions as well as being responsible and taking consideration of all characteristics of a situation.

Environmental health: Gratitude for our exterior environment and the persons who protect, preserve and improve our environmental conditions.

Emotional health: the ability to express emotions appropriately, knowing how to control them and knowing when not to express them inappropriately. Emotional health consists of self-esteem, self-confidence, self-efficacy, trust, love and many more emotional reactions and responses.

Spiritual health: Belief in a higher being based on specific religious principles or feeling of unity with a greater force and a guiding sense of meaning or <https://assignbuster.com/six-dimensions-of-health-worksheet/>

value in your life. True spiritual health goes way further organized religion and can be achieved by living a meaningful life.

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.

Physical, Social, Intellectual, Environmental, Emotional and Spiritual Health are six essential elements of someone's overall health and wellness. These six elements have to work together in order for someone to have great overall health and wellness. Having physical health but not emotional health can cause poor health in both areas. Someone that has great self-esteem and self-confidence, high spiritual standards, can think critically, have interpersonal relationships, stick to a daily balanced diet and exercise routine, and can appreciate nature and the people who care for it so much is someone with overall health and wellness in my opinion. You really cannot have overall health and wellness if you are lacking any one of these six elements. They really are essential for everyone who wants to have good health.