

# Six dimensions of health

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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: When I am eating right exercising and getting enough rest I am less prone to illness, stress and exhaustion. When I have done these things in my life I find that I function on a daily basis a lot better.

With exercise and a healthy diet you release happy endorphins which minimize stress and allow me to focus and complete task effectively.

Social health: Social health reminds me of what we learned about social and academic writing, I have found they have a lot of similarities. The ones that I have noticed is that you need to be able to maintain a certain level of professionalism when interacting with certain people, work staff and clients. There are certain conversations and behaviors that are not acceptable with everyone.

My personal relationships with my friends and family allow me to vent about the work place or to seek personal advice that I could not get ask for in my work environment. Intellectual health: it allows me to review what has happened in the past and make a reasonable assumption of what will happen in the future. For instance, I have found that when I hire people that are in the business for 20 years they are not interested in following most likely not to follow the structure of the company; as if you hire a new person fresh they do not have any other experience.

So there for I like to hire new people out of school because they can be molded to the SportClips way. Environmental health: Keeping a clean environment and not doing things that are detrimental to the environment. I do my part by doing things such as not using harsh chemicals in my daily life and recycling. Maintaining a health work environment for the people in interact with on a daily basis. Emotional health: To me this refers to my job and my daily life, at times I am extremely overwhelmed and I have to remember not to displace my frustrations or emotions in the wrong place.

A lot of times when I get overwhelmed I get very irritable and and become discourages depending on the situation.

Spiritual health: I think this is a combination of things that are backed by your faith system and religious beliefs. I was raised in a christian household and I think that these things have taught me to follow a certain value system. Your faith system should teach you to be a better person and live by a certain moral code on how you treat yourself and others. 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.

In my opinion health and wellness means to take care of yourself and each of these plays a major part in that. Physical health has to do with your body, ability to fight off disease. Social has to do with your ability to successfully maintain appropriate relationships. Intellectual refers to critical thinking and your ability to analyze certain situations. Emotional has to do with how you properly express emotions. Environmental has to do with your respect for the environment around you and helping to protect it. Spirituality has to do with your values system based on your religious beliefs.

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