UNIT #1 NOTES – HEALTH AND WELLNESS

YOUR TOTAL HEALTH
Objectives:
- to identify the 3 parts of health
- explain the difference between health and wellness
- describe how the mind and the body are connected

HEALTH: combination of physical, mental/emotional and social well-being.

HEALTH TRIANGLE:

PHYSICAL: - activity - feel strong, have lots of energy
- diet, nutrition
- sleep
- hygiene
- protective gear
- no unnecessary risks (tobacco, alcohol, drugs)

MENTAL/EMOTIONAL:
M- ability to solve problems
M- ability to handle changes
E- feelings, knowing and sharing in positive ways
Both- taking action to reach goals
Both- taking responsibility for actions and behaviors

SOCIAL: - how you relate to people at school, home, and all...
- Skills can be developed for building and maintaining relationships
  - being friendly and open
  - being supportive and encouraging
  - helping reach goals
  - being considerate and accepting
  - listening
  - follow through when you say something

WELLNESS: state of well-being or balanced health over a longer period of time, process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction

MIND-BODY CONNECTION: how your emotions affect your physical and overall health, and how your overall health affects your emotions

SKILLS FOR BUILDING HEALTH

10 Building Blocks for Total Health

1. ACCESSING INFORMATION - sources?
-home, school, community
-parents/guardians, adults you trust, teachers, counselors, school nurses, library
-media sources; tv, radio, internet(government agencies, universities, health care providers)
-Is it RELIABLE(trustworthy and dependable)?

2. PRACTICING HEALTHFUL BEHAVIORS
-practice healthful behaviors, start seeing benefits quickly
-benefits will last as you grow and change
-What are some healthy behaviors? ie; exercise regularly, food and water, sleep
-able to meet challenges, learn new skills and enjoy life
-prevent injury, illness, disease and other health problems

3. STRESS MANAGEMENT

A. What is STRESS? (body’s response to real or imagined dangers and other life events)
-originally; an engineering term to describe how materials eventually weaken and break when enough pressure is applied
-general but unconscious “call to attention” that stressors activate in our bodies

B. Is stress negative or positive? Ie:(+ study hard to do well on test or fire up for event, - make you unsure of yourself, difficulty sleeping, upset stomach) – public speaking, meeting new people...more ie...
-Negative; “distress” ie; noise, work/school pressure, emergencies, relationships, changes
-Positive; “eustress” ie. cause us to strive towards a goal, master a challenge, build our confidence

C. How does stress feel? More tense, chemicals released causing mind and body changes; IE feel stress – body releases chemicals – one of which is ADRENALIN (makes heart beat faster to pump more blood- increased blood circulation and increased body temperature, makes lungs work harder to take in more oxygen-more rapid breathing, increased muscle strength, boosts amount of sugar in your blood) – adrenaline gives you more energy to deal w/danger.
-prolonged stress – stomach ulcers, high BP, fatigue, eating disorders, anxiety, self-blame, feelings of worthlessness

After sudden noise; adrenalin flow begins within 2 sec, entire body responds in 8 sec and ready for action in 10 sec to 2:00.

D. Causes of Stress: reaction to fear and worry, reaction to overload or underload, reaction to life changes reaction to the unknown what are your stresses?
 IE: school, grades, friends, relationships, self expectations, pressure and expectations of others, family relations, parents, financial pressure, family tragedy, looks,
E. Coping with stress; identifying sources of stress and learning how to handle them in ways that promote good mental/emotional health

Decreasing stress:
- Organize living space
- Organize time/set priorities
- Supportive social circle/communication skills
- Take care of your body
- Renew you spirit

Stress relieving activities:
1. Breathing Exercises; morning breathing, clearing your head
2. Meditation
3. Guided Imagery
4. Visualization; athletics
5. Self-hypnosis
6. Progressive Muscle Relaxation; work top to bottom, tightening specific muscle group for 10 sec
7. Exercise; walk, shoot hoops, bike, run, skateboard,
8. Yoga
9. Music

Health seminar; Edward Hallowell – “Overstretched – Crazy Busy Life of a teen” – 2 emphases
1. Stop/decrease screen time – “screen-sucking” is a convenient distraction
2. Physical Exercise is absolutely crucial – recommends 2 hours/day
  “MIRACLE GROW FOR YOUR BRAIN”

4. ANALYZING INFLUENCES – what information do YOU use to make a decision; purchases, food choice...
What are 2 kinds of influences that can affect decisions?

HOMEWORK:
--- How does media influence a health choice? - positive or negative - give an example by writing about it or drawing it

5. COMMUNICATION SKILLS
   - interpersonal communication - sharing of thoughts and feelings with others
     IE: 1) saying NO
     2) settling conflicts peacefully

6. CONFLICT-RESOLUTION SKILLS
   - conflict – disagreement between people with opposing viewpoints, interests, or needs
-conflict-resolution skills-having the ability to end a disagreement or keep it from becoming a larger conflict

Ideas:  -time-out to calm down
       -have each person tell their side of the story
       -each person ask questions of the other
       -other creative ways to solve conflict...

7. **REFUSAL SKILLS** – ways to say no effectively
   ie; S – say no, T – tell why not, O – offer other ideas, P promptly leave if you need to(STOP)

8. **DECISION MAKING**

9. **GOAL SETTING**-setting realistic goals

10. **ADVOCACY**-taking action is support of a cause
    -working to bring about a change, IE Environmental club,…

**WHAT AFFECTS YOUR HEALTH?**

**Heredity** – passing of traits from parents to their biological children
   -genes determine traits and control how every cell in your body functions, can cause disease(ie)

**Environment** – all living and nonliving things around you
   Physical; where you live, housing, climate, air and water quality
   Social; family, neighbors, educational opportunities, job opportunities, recreational opportunities

Factors you can change, can’t change...

**Health Choices:**
   Influence of family and friends – cultural background; the beliefs, customs, and traditions of a specific group
   Influence of media – evaluate; determine the quality of

**Risk and Risk Behaviors:**
   **Risk**-the chance that something harmful may happen to your health and wellness
   **Risk behaviors**- actions or choices that may harm you or others
   Ie...

   **Consequences** – results of actions
   Ie...

   **Cumulative risk** – when one risk factor adds to another to increase danger
   Ie...running in traffic, then at night, then at night in bad weather...
Benefits vs. Risks
Ie: playing sports- health benefits vs injuries
(4 team sports cause 80% of all team sport injuries in this order: football, basketball, soccer, baseball)

To Avoid or Reduce risks –
**Prevention**-taking steps to avoid something
Ie:...helmet, slow down when icy
Tips for reducing risks:
- plan ahead
- think about consequences
- resist negative pressure from others
- stay away from risk takers
- pay attention to what you’re doing
- know your limits
- be aware of dangers

**A bstinence**-the conscious, active choice not to participate in high-risk behavior

**SLEEP RESEARCH**

-time spent on the pillow as important as time spent training!

External factors affecting sleep patterns: stress, schedule demands, alarm clocks,

For optimal physical and mental health, most adults would sleep for 8 hours/night or more(if not for external factors), high school and college students would sleep 9 hours/night

Sleep stages:
1 - light sleep, 5-10 minutes
2 – light sleep, body temp. and heart rate start to decrease, approx. 20 min
3 – transitional period bt light and deep sleep
4- deep sleep, when the natural physical and mental processes of restoration occur at peak, when **growth hormone** is secreted, very important for athletes, approx. 30 min, this is stage during which sleep walking or bed wetting may occur

5; REM(rapid eye movement) stage, the dreaming stage, only after having passed through the first 4 stages

On average - Complete 5 stages of sleep every 90 minutes
Not enough sleep? Mood, cognitive function, motor skills all suffer, decreases time to exhaustion(tire more quickly), ratings of PERCEIVED exertion affected (self-fulfilling prophesy), reaction time, stress level, alertness, irritability, overall energy level/vigor

**Chronically** sleep-deprived – outperformed on reaction test by those legally intoxicated! -creates increased problems with above…

Consistency in sleep time:
-going to bed and getting up at same time,  
-melatonin (major hormone that regulates sleepiness) can be affected by light – keep it dark,  
-ear plugs or “white noise”  
-turn off phone!/ringer  
-use progressive muscle relaxation  
-don’t eat within 2 hrs of going to bed  
-decrease electronic stimulation (computer!)  
-decrease exposure to bright light  
-comfortable room temp.

**Moderate** sleep debt –cured with just a few consecutive nights of prolonged sleep