

Keep in mind that all three sides of your health triangle will not develop at the same rate. This is normal. It's also normal to find your health triangle temporarily out of balance. The important thing is to notice when one side is out of balance and take steps to correct it. This balance is the key to lifelong health and wellness.

## Hands-On Health

# YOUR PERSONAL HEALTH

Do you have a clear picture of your own health triangle? Take this personal health inventory to identify factors that affect your physical, mental/emotional, and social health.

### WHAT YOU WILL NEED

- pencil or pen
- paper

### WHAT YOU WILL DO

Number the paper 1–6 for each health area. Think about each of the following statements and respond with *yes* or *no*.

#### Physical Health

1. I eat at least three well-balanced meals each day, and snack on healthful foods such as fruits and vegetables.
2. I get at least 60 minutes of physical activity daily.
3. I sleep at least nine hours a night.
4. I avoid the use of tobacco, alcohol, and other drugs.
5. I have good personal hygiene habits.
6. I follow safety rules.

#### Mental/Emotional Health

1. I feel good about who I am.
2. I can name several things that I can do well.
3. I generally keep a positive attitude.
4. I ask for help when I need it.

5. I am able to handle stress.
6. I try to improve myself.

#### Social Health

1. I relate well to family, friends, and classmates.
2. I try to work out any differences I have with others.
3. I express my feelings in positive ways.
4. I treat others with respect.
5. I can say no to risky behaviors.
6. I communicate well with others.

#### IN CONCLUSION

Give yourself 1 point for each *yes*. A score of 5–6 in any area reflects good health. If you score 0–2 in any area, try to improve that part of your health triangle.

