

## Health Triangle Quiz Review Sheet

### Definitions

- Physical Health
- Health
- Social Health
- Wellness
- Mental/Emotional Health

KNOW THE COMPONENTS OF EACH ELEMENT OF THE HEALTH TRIANGLE. BE READY TO ANSWER WHETHER AN ACTION IS HEALTHY OR UNHEALTHY. REFER TO YOUR HEALTH TRIANGLE PACKET “HEALTHY HABITS” PAGE FOR SOME SIMILAR EXAMPLES.

<b>Physical health-</b> is the condition of your body.	<b>Social health-</b> is the way you relate to others	<b>Mental/Emotional health-</b> is your thoughts, feelings, and emotions.
1) Keep fit by getting regular exercise	1) Get along with family members	1) Accept yourself and like who you are
2) Eat a well-balanced diet	2) Make and keep friends	2) Express your feelings in a healthy way
3) Maintain your ideal weight	3) Work well in a group	3) Develop your thinking and decision making skills
4) Practice good morning habits	4) Disagree with others without fighting	4) Strive to learn new information
5) Avoid alcohol, tobacco, and other drugs	5) Give and get support when needed	5) Learn ways of dealing with life’s problems
6) Get plenty of rest		6) Learn how to handle stress