



HEALTHY LIVING 1200

Unit 4: Personal Dynamics


WHAT DOES WELLNESS MEAN?

- Without good health and wellness what would your life be like?
- Health and wellness affect your overall quality of life and depend on a combination of components.
- **Wellness**: Is the positive component of health that includes having a good quality of life and a good sense of well-being as exhibited by having a positive outlook on life and being happy and fulfilled.



COMPONENTS OF PHYSICAL WELLNESS

- Body size and shape
- Reaction time
- Susceptibility to disease and disorders
- Body functioning
- Physical fitness
- Recuperative abilities
- Ability to perform normal activities of daily living



COMPONENTS OF INTELLECTUAL WELLNESS

- The ability to think clearly
- Reason objectively
- Analyze critically
- Meet life's challenges
- Learning from successes and mistakes
- Making sound, responsible decisions

COMPONENTS OF SOCIAL WELLNESS

- Developing satisfying interpersonal relationships
- Having positive and healthy interactions with others
- Learning skills to adapt to and navigate through various social situations
- Includes your daily behaviors and their consequences

COMPONENTS OF EMOTIONAL WELLNESS

- Feeling competent
- Being able to express emotions when appropriate
- Avoid expressing emotions in an inappropriate manner
- Having good self-esteem
- Developing self-confidence
- Trust
- Love

COMPONENTS OF ENVIRONMENTAL WELLNESS

- Developing an appreciation of the external environment
- The role individuals play in:
 - Preserving
 - Protecting
 - Improving environmental conditions
- Learning to live well in the place(s) you inhabit.

COMPONENTS OF SPIRITUAL HEALTH

- Belief in a supreme being or a way of living prescribed by a particular religion or faith group
- Feeling of unity with others and nature
- Developing a sense of meaning or value in life
- To care about and respect all living things

WAYS TO IMPROVE YOUR HEALTH AND WELLNESS

- Simplify your life by organizing and prioritizing your life
- Make sure you regularly get a good night's sleep
- Eat Healthy
- Find healthy ways of managing your weight
- Participate in physical activities regularly
- Avoid Tobacco products
- Practice safe sex
- Limiting alcohol consumption or avoid alcohol consumption
- Self-exams and medical checkups



OTHER WAYS TO IMPROVE YOUR HEALTH

- Avoid destructive habits
- Control stressors
- Forming and maintaining relationships
- Making time for yourself
- Have fun every day
- Respecting the environment
- Value each day
- View mistakes as opportunities to learn and grow
- Be kind to yourself and others

WHAT IS STRESS?

- **(From the Canadian mental Health association website 2016)**
- Stress is the body's response to a real or perceived threat. That response is meant to get people ready for some kind of action to get them out of danger. But most of the threats people face today aren't something that they can fight or run away from. These threats are usually problems that people have to work through.
- **Some stress can be a good thing.** It can motivate us to focus on a task or take action and solve a problem. In this situation, stress is manageable and even helpful.

STRESS AND WELLNESS

- When stress is unhelpful, people may feel overwhelmed or feel like they can't possibly fix the problem. In these cases, some people avoid dealing with the original problem altogether, which may make the problem—and stress—worse. It can be very hard to concentrate, make decisions, and feel confident when a person experiences a lot of stress. Many people experience physical sensations like sweating, a racing heart, or tense muscles.
- **Over time, stress can also have a big impact on physical health.** Sleep difficulties and headaches are common problems related to stress. People are also more likely to get sick when they're experiencing a lot of stress.

STRESS IS SITUATIONAL

- Stress is a *reaction* to a situation—it isn't about the actual situation. We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation. For example, someone who feels comfortable speaking in public may not worry about giving a presentation, while someone who isn't confident in their skills may feel a lot of stress about an upcoming presentation. Common sources of stress may include major life events, like moving or changing jobs. Long-term worries, like a long-term illness or parenting, can also feel stressful. Even daily hassles like dealing with traffic can be a source of stress.

WHAT CAN I DO ABOUT IT?

- Taking action is the first step. Ignoring the effects of stress can lead to other mental health problems.
- There is no one right way to deal with stress. The tips below are common strategies that are helpful for many people. Try them out and see what works best for you. Remember to look at both short-term and long-term solutions when you're dealing with stress.

TIPS FOR DEALING WITH STRESS

•(From the Canadian mental Health association website 2016)

1. **Identify the problem.** Is your job, school, a relationship with someone, or worries about money causing stress? Are unimportant, surface problems hiding deeper problems? Once you know what the real problem is, you can do something about it.

TIPS FOR DEALING WITH STRESS

- **2. Solve problems as they come up.** What can you do, and what are the possible outcomes? Would that be better or worse than doing nothing? Remember, sometimes solving a problem means doing the best you can—even if it isn't perfect—or asking for help. Once you've decided on a solution, divide the steps into manageable pieces and work on one piece at a time. Improving your problem-solving skills is a long-term strategy that can help you feel like you're in control again.

TIPS FOR DEALING WITH STRESS

- **3. Talk about your problems.** You may find it helpful to talk about your stress. Loved ones may not realize that you're having a hard time. Once they understand, they may be able to help in two different ways. First, they can just listen—simply expressing your feelings can help a lot. Second, they may have ideas to help you solve or deal with your problems. If you need to talk with someone outside your own circle of loved ones, your family doctor may be able to refer you to a counsellor, or you may have access to one through your school, workplace, or faith community.

STRESS MANAGEMENT

- **Simplify your life.** Stress can come up when there are too many things going on. Learning to say no is a real skill that takes practice. Try to look for ways to make your to-do list more manageable.
- **Learn helpful thinking strategies.** The way you think about situations affects the way you respond to them. Unhelpful thoughts, such as believing that everything must be perfect or expecting the worst possible outcome, can make problems seem bigger than they really are.
- **Learn about stress management.** There are many useful books, websites, and courses to help you cope with stress. There are also counsellors who specialize in stress. There may be stress management courses and workshops available through your community centre, workplace, or school.

STRESS MANAGEMENT

- **Start on the inside**. Practices like yoga, meditation, mindfulness, prayer, or breathing exercises can help you quiet your mind and look at problems from a calmer, more balanced point of view. With time, these practices can help you manage your response to stressful situations as they come up.
- **Get active**. Physical activity can be a great way to reduce stress and improve your mood. Activity could be anything from taking up a new sport to walking. The most important part is that it gets you moving and you enjoy it—it shouldn't feel like a chore. If you experience barriers to physical activity, try talking to your doctor or care team for ideas.
- **Do something you enjoy**. Making time for hobbies, sports, or activities that you find fun or make you laugh can temporarily give you a break from problems. Listen to music, read, go for a walk, see a friend, watch your favourite movie, or do whatever makes you feel good. This can give you a little mental distance from problems when you can't deal with them right away.

CAN I PREVENT STRESS?

- Stress is part of being human—no one can eliminate *all* stress from their life or prevent stress from ever happening in the future. The goal of stress management is to bounce back from problems or challenges and maintain wellness. All of the above strategies can help you take control of stress so it doesn't control you in the future. Remember to practice them often, even when you're not feeling stressed. That way, you'll know exactly what works for you. It's also much easier to deal with difficulties when you're in control and know that you can deal with whatever comes up.



WHAT ARE SOME CAUSES OF STRESS IN YOUR LIFE?

- Brainstorm and list some of the most common stress in your life?
- Rate them from most stressful to least stressful.
- Create your “top ten” list of stressors.

SOURCES OF STRESS IN TEENS

- 1. Academic Stress
- 2. Social Stress
- 3. Financial Stress
- 4. Family Issues
- 5. Romantic Relationships
- 6. Physical or Physiological Changes
- 7. Unhealthy Competition
- 8. Low Self-esteem
- 9. Traumatic Events
- 10. Change in Routine

EUSTRESS VS DISTRESS

- There are two very different types of stress – eustress and distress – that we experience.
- While one type of stress is positive (eustress) and another negative (distress), the ways in which they impact our lives are largely within our control.
- While it is impossible to control the tragic events in life that will inevitably bring about painful *distress* (e.g., death of a loved one, personal tragedy) we have far more control than we realize over the way that we choose to respond to the natural, everyday stressors of life (e.g., running late, misplacing something, missing a deadline, an argument, etc.).

EUSTRESS

- Some common characteristics of eustress are:
- Improves performance and allows you to learn more about yourself.
- It is generally short-term in nature
- It will motivate you and allow you to focus your energy
- Feels invigorating/energizing
- Believed to be within our capabilities/something we can handle

DISTRESS

- Some common characteristics of distress are:
- Demotivating and displaces energy, wears you down
- Leads to anxiety, worry, or concern
- It Feels generally unpleasant/painful and distrurbing
- Decreases overall performance/abilities can be incapitating
- May lead to physical illness/mental fatigue/emotional depletion and mental break-down

REFLECTION/SELF-ASSESSMENT:

- Reflect on and answer the following questions:
 - 1. How is the topic of stress relevant to me?
 - 2. Do I have the skills that are needed to deal with the stressors in my life?
 - 3. Which skills are needed?

(Note: This reflection can be used later when developing an action plan.)

ACTION PLAN FOR STRESS MANAGEMENT

(FOUND ON P.48 TEACHERS ED. OF HEALTHY AND WELL)

- 1. One stressor in my life is _____.
- 2. This stressor exists in my life because _____.
- 3. I can identify this stress by _____ (body messages, feelings, cues from other people).
- 4. I will deal with my stress by:
 - a.) (Leaving or limiting)_____.
 - b.) (Learning)_____.
 - Skills:_____.
 - Attitudes: _____.
- 5. I will reduce my reaction to stress by:
_____.

THE IMPORTANCE OF VALUES

- Values guide our behaviors; they are part of our identity as individuals, and guide our behaviors at home, at work, or any other area of our life.
- They show us how to behave and how not to behave when we're faced with desires or impulses, whether we're alone or with others.
- They are like a compass that helps us behave consistently, regardless of the situation.

VALUES IN PRACTICE

- For example, when using public transportation, some people give their seat to a pregnant woman, and others don't. The former believe in the value of courtesy and consideration towards others, whether they're strangers or not.
- Among those who don't give up their seat we commonly find children (who haven't yet acquired that value), or elderly people who give a greater value to their own need to be seated (correctly so), or people who just attach a greater value to their own comfort.
- Thus, values are the foundation of our behaviors, and make us feel well about our own decisions.

CONFLICT RESOLUTION IN PERSONAL RELATIONSHIPS

- Conflict is often defined as a difference between two or more persons or groups characterized by tension, disagreement, emotion, leading to a crisis or breakdown in a relationship.
- Conflict is a part of life. We have to learn how to argue our viewpoints, listen to opposing views, and respectfully come to a resolution in such conflicts.
- As we grow and gain experience in relationships, we develop the necessary skills that will help us navigate and resolve the conflicts that we will face in life.
- Skills necessary for successful conflict management include, **negotiation, debating skills, respectful dialogue, compromise** and understanding alternate viewpoints.