

Activity 1 - What Does Being Healthy mean to you?

In column 1 tick any statements which seem to be important aspects of your health.
Tick as many as you like.

For me being health Involves:	Column 1	Column 2	Column 3
Enjoy being with my family and friends			
Living to a ripe old age			
Feeling happy most of the time			
Having a job			
Hardly ever taking tablets or medicines			
Being the ideal weight for my height			
Taking regular exercise			
Feeling at peace with myself			
Never smoking			
Never suffering from anything more serious than a mild cold, flu or stomach upset			
Not getting things confused or out of proportion – assessing situations realistically			
Being able to adapt easily to big changes in my life such as moving house or a new job			
Drinking only moderate amount of alcohol or none at all			
Enjoying my work without too much stress			
Having all the parts of my body in good working condition			
Getting on well with other people most of the time			
Eating the 'right' foods			
Enjoying some form of relaxation or recreation			

In column 2 tick the 6 statements which you consider are the MOST important aspects of you 'being healthy'.

In column three rank these 6 in the order of importance 1 being the most important and 6 being the least important.

Working in pairs or small groups, compare your list with other people's.

Look at the similarities and differences. Discuss the reasons for your individual choices.

Activity 2 – Dimensions of Health

Go back to your answers to activity 1 What Does Being Healthy mean to you? Tick if any of the following dimensions of health are reflected in the statements you ticked in column 1.

Physical	
Mental	
Social	
Emotional	
Spiritual	
Societal	

Is any one of these dimensions more important to you than the others? How do you think they relate to each other?

Has your idea of 'health' changed since childhood? If so, how and why? How do you think your idea of health may change as you grow older?

Do you think having professional training in health or related area of work makes a difference to a person's idea of health? If so, how and why?

What do you think being healthy might mean to someone who :

has learning difficulties?

has a permanent physical disability such as deafness or paralysis?

has an illness or infection for which there is currently no known cure, such as diabetes, arthritis, cancer, HIV?

lives in poverty?

Identify three or four key points you have learned about your own ideas of 'being healthy'.