

# Defining Health and Wellness

## Health 和 Wellness 的定义

(Health primarily focuses on the absence of illness and physical well-being. Wellness encompasses a broader range of dimensions that contribute to an individual's overall quality of life and sense of well-being.)

两个词中文均指健康的意思，区别为：健康 (Health) 主要指没有疾病，身体健康；健康 (Wellness) 涵盖更广泛的维度，有助于提高个人的整体生活质量和幸福感。

Well-Being 健康与幸福 (心理和的身体完美状态)

A state of health and wellness.

Health 和 Wellness 的一种状态。

People in a state of well-being.

- Feel good about their present condition.
- Are productive at school, work, and home.
- Do not have mental and physical illnesses.

处于幸福状态的人。

- 对他们目前的状况感觉良好。
- 在学校、工作和家庭中都富有成效。
- 没有精神和身体疾病。

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Dimensions of Health and Wellness Health 与 Wellness 不同的方面

Wellness = Balance

Wellness=平衡

- Physical 身体层面
- Emotional 情绪层面
- Intellectual 智力层面
- Social 社交层面

These dimensions interact with and affect each other.

这些维度相互作用并相互影响。

## **Physical Health** 身体健康

How well your body functions.

你的身体机能状况如何。

Qualities of a healthy body.

- Not slowed by disease.
- Able to take part in activities of daily life.
- Able to cope with stress, injury, and aging.

健康身体的品质。

- 不因疾病而减慢。
- 能够参加日常生活活动。
- 能够应对压力、伤害和衰老。

## **Emotional Health** 情绪（心理）健康

Emotional health includes:

- Your mood and how you feel about yourself.
- How you view the world.

情绪健康包括：

- 你的心情以及你对自己的感觉如何。
- 你如何看待世界。

Good emotional health means:

- You are not affected by mental illness.
- You can express thoughts and feelings clearly.
- You can cope well with stress.

良好的情绪健康意味着：

- 你没有受到精神疾病的影响。
- 你可以清楚地表达想法和感受。
- 你可以很好地应对压力。

Many teens experience problems with their emotional health without realizing it.

许多青少年在没有意识到的情况下经历了情绪（心理）健康问题。

Poor emotional health DOES affect your:

- Sleep / Diet / Exercise.

情绪（心理）健康不佳确实会导致你：

- 睡眠/饮食/运动。

## **Intellectual Health** 智力健康

Intellectual health involves:

- Ability to think clearly and critically.
- Ability to learn and solve problems.

智力健康涉及：

- 清晰、批判性思考的能力。
- 学习和解决问题的能力。

People who are intellectually healthy are able to adapt, learn, and grow.

智力健康的人能够适应、学习和成长。

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## **Social Health** 社交（能力）健康

Social health involves:

- Communication skills.
- Relationships.
- Interacting with others.

社会健康涉及：

- 沟通技巧（能力）。
- 人际关系。
- 与他人互动（相处）。

Social skills and healthy relationships help people enjoy life and meet challenges.

社交技能和健康的关系有助于人们享受生活并应对挑战。

Two main factors within a healthy relationship are:

- Trust.
- Honest communication.

健康关系中的两个主要因素是：

- 信任。
- 诚心相待（交流）。

### *A Continuum of Health* 健康的连续体

The range of a person's health status can be described as a continuum.

一个人的健康状况的范围可以描述为一个连续体。

Diseases and disorders can affect the mind and body, preventing optimal health.

疾病和失调会影响身心，阻碍最佳健康。

**Disease** – An overall poor state of health where people cannot function normally.

疾病——整体健康状况不佳，人体无法正常运作。

**Disorder** – An abnormal physical or mental condition w/ no identifiable cause.

紊乱——没有明确原因的异常身体或精神状况。

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# Personal Skills for Health and Wellness

## Health 与 Wellness (涉及) 的个人技能

### *Making Good Decisions* 做出正确的决定

1. Define the problem. 定义 (明确) 问题。
2. Explore alternatives. 探索替代方案。
3. Select the best option. 选择最佳选项。
4. Act on your decision. 根据你的决定采取行动。
5. Evaluate the decision. 评估决策。

### *Setting and Reaching Goals* 设定和实现 (达成) 目标

Effective goals are SMART goals. This means they are:

**SMART** 的目标是明智的目标。这意味着它们是:

- **Specific** 具体的
- **Measurable** 可测量的
- **Action oriented** 注重行动
- **Realistic** 实际的
- **Timely** 及时的

### *Short Term and Long Term Goals* 短期和长期目标

#### **Short Term Goals:**

- Clean your room this weekend.
- Make the soccer team this year.

短期目标:

- 这个周末打扫你的房间。
- 今年加入足球队。

#### **Long Term Goals:**

- Graduate college.

- **Get out of debt.**

长期目标：

- 大学毕业。
- 摆脱债务。

**Goals should align with your values.**

目标应该与你的价值观一致。

**Define the steps you will take to achieve your goal.**

- **Write it down!**

定义你将采取的实现目标的步骤。

- 写下来！

*Standing Up to Pressure* 顶住压力

**Refusal skills** can help you respond to peer influences without compromising your own goals, values, or health.

拒绝技巧（能力）可以帮助你在不损害自己的目标、价值观或健康的情况下应对同伴的影响。

**Interpersonal skills** help you communicate and relate positively with other people.

人际交往能力可以帮助你与其他人进行积极的沟通和联系。

*Relationships / Refusal Skills* 人际关系/拒绝技巧

**Refusal skills can help you make independent, informed decisions.**

拒绝技巧可以帮助你做出独立、明智的决定。

**Abstinence is the only strategy that is 100% effective in preventing STDs.**

禁欲是唯一 100% 有效预防性病的策略。

**Healthy relationships are important for health and wellness.**

健康的人际关系对于 Health 和 Wellness 很重要。