

Concept Map 1-1

Name _____

The health triangle consists of

Health,

_____/_____
Emotional health,

Social health,

which is the condition of your _____.

which is the condition of your _____.

which is the condition of your _____.

It is measured by what you **do** as well as what you _____ **do**.

It is how you _____ and express your _____.

This is how well you get along with _____.

It stays healthy by avoiding _____, _____, being physically _____, _____ healthy, and getting enough _____.

It stays healthy by learning to think _____, recognize and build your _____, and expressing _____ in healthy ways.

This stays healthy by learning to _____ well with others, having _____ for others and building _____ with others.