Name:

Components of Health – The Health Triangle

**Physical Health**

Have regular medical/dental check ups

Get regular exercise

Maintain a healthy weight

Practice cleanliness and good grooming habits

Get at least eight hours of sleep each night

**Mental/Emotional Health**

Accept yourself and like who you are

Dealing with stress

Express your feelings clearly and calmly

Set realistic goals

Try to improve your weaknesses

**Social Health**

Offer support to others

Respect friends and family

Get along with others

Develop true friendship

Work well with others