**Jayden W**

 **PE 9/10**

**My Personal Health and Wellness**

October the 23rd 2019

**Unit 1 Lesson #1- How can I Manage My Stress in a Way That Would Benefit My Daily Health?**

In my opinion the best way to manage stress in order to be my best self and become a better person is to always realize when there is an unhealthy amount of stress and to deal with it accordingly. Now if I want to reduce stress in my everyday life, I must first discover what exactly it is that causes me stress in the first place. Even though I’m in agreement that a certain amount of stress is normal throughout your day whether it’s school, work or other responsibilities your life will never be stress free. For me there are certain things that help me reduce stress, I've always been an active person, so I love to ride my bike that is my number one stress reliever, besides that video games are another fun way that I remove stress, I play with my friends, and it helps me forget the modern stresses of my life. These two things are the major ways that I deal with stress I also think that stress is a good thing that motivates me to work hard and achieve all my goals.

October 25th, 2019

**Unit 1 Lesson #2- How Does technology influence my social, physical and emotional health?**

Technologie is undoubtingly a large part of modern society. We as children growing up in the 21st century we are the first generation to have a large portion of our school and work. Since we are the first generation that is going through our lives with technologies, we must be to figure it out. I think that the reason our health is on the decline due to technology is because we are more interested in are social standing on the internet then we are in the real friends and family that we have around us. I think it affects our social health by disconnecting us from the people that love us, it effects our physical health by cutting into are sleep, rest and food consumption. Finally, its effects are emotional health by making us feel unstable and obsessed about what other people think about us.

**Unit 1 Lesson #3- How Can I Improve My Communication Skills to Improve My Daily Life?**

I think that the best possible way for me to improve my communication with others is to constantly remind myself that I care about others and want to make everyone around me feel good about themselves and be happy like me. I have always hated speaking to strangers in public as I didn’t know them and thought that they were all bad people, that has changed now that I’m older and more comfortable talking in public. I think just making eye contact or saying hello to people even asking them how their day is going. I recently learned that the majority of people miss out on achieving their goals due to an inability to take risks and say yes to opportunities, so that is why I have started talking and being nice to everyone because you never know when someone who you don’t know will change your life forever. These things will intern make me a happier person improving my overall mental health.

**Unit 1 Lesson #4- What Does it Mean to You to be in an Unhealthy Relationship?**

Being in an unhealthy relationship means to me that if you constantly feel unsafe or unhappy when around a certain person or group of people. If someone were to feel this way at any point of an interaction with someone else my advice would be to remove themselves from that situation and if they are having longs from that situation and if they are having long-term problems with that person, I would suggest permanent removal from that person or group of people. I think that is the relationship shows any kind of violence or abuse that this needs to be noticed and changed as these things can lead to long lasting issues or harm to the victim. Being in an unhealthy relationship can look like a lot of things even if it’s just disagreements with friends, so to me being in an unhealthy relationship means not wanting to be near someone based on your interactions with and around them.

**Unit 1 Lesson #5- How are you going to resolve current and future conflicts?**

Based on my experience I’m going to resolve any conflicts that may arise in my life using some strategies such as being calm and most importantly assertive instead of being aggressive or passive. For example, if one of my friends is being annoying and keeping me from doing my work during class instead of yelling angrily at them, I will explain that I want them to stop and look for a solution. The most important thing that I learned about this subject is that you can’t control what other people do and so the best thing we can do in order to solve conflicts are to be calm and collected and explain assertively what you want. This is something easy to do and I believe that I already use these strategies in my life and I’m confident in my abilities to communicate during times of conflict.

February 11, 2020

**Unit 2 lesson #1- Why are you going to get back up again when you get knocked down by life?**

When I am knocked down by life the best thing for me to do is to slow down instead of worrying about the future or the past the best thing to do is to slow my life down and take things day by day hour by hour or even just minute by minute. You could compare this to when we were juggling the balloons when you have all those activities to do it can be hard to slow everything down but really, it’s more of a mindset that you have to be in. If you can create a space in your mind where you are able to feel free and without worry, then you will be able to one hundred percent find the resilience to get back up and keep fighting this comes from the fact that if you think of getting knocked down as a failure you’ve already lost. If you want to get back up, you need to think of it as a wakeup call instead of a failure then you will be able to find the strength to get back up.

**Unit 2 Lesson #2- How do your Habits and choices influence your daily life?**

To me the things that happen in my life are not balanceable without a little thing I call routine the power of repetition is one of the most amazing ways to get out of something like an addiction. If I were to be addicted to something instead of trying to stop, I would try and replace the bad addiction with a good one for example one of the ways that I cope with stress is exercise by exerting energy I am able to feel like all the stress and bad energy is being washed away as it requires a lot of focus. My habits can make me feel more organized which in turn makes me more productive even if it’s something as small as going to school at the same time every day it allows me to get my head around the things that are happening and take on each challenge with a plan in my head as to what is going on as well as find possible positive outcomes that I want to achieve.

**Unit 2 Lesson #3- If you notice that you have addictive behaviors, what steps can you take to get back to healthy living?**

If I saw that I had addictive behaviors I would attempt to reset my mindset or replace the unhealthy addiction with a healthy one or of course I could always think back to this video and how I don’t want to live like those people. When I think of addiction, I normally picture things like drugs and alcohol but really there are a lot of healthy addiction that if balanced with a healthy lifestyle can lead to large success in habits like hard work and determination. I would surround myself with people who care about me and use the strength of others to know that I have help and I don’t need to do anything alone.

**Unit 2 Lesson #4- How can you see yourself using the skills of Delay, Refusal and Negotiation in your daily life.**

I think that in my daily life I could use these if I ever found myself in an uncomfortable situation. That doesn’t necessarily mean something involving one of the examples we used today but any time throughout my day when I might find myself in a situation that I don’t like. An example of this is one time I was at seven eleven and a man offered me a cigarette but I told him that I don’t smoke though I don’t think that people like this could be dangerous but that doesn’t mean that the situation could still be uncomfortable.

**Unit 3 Lesson #2- With Regards to sexual health, how do you plan to be emotionally and physically healthy?**

I think that when talking about sexual health the best way to be healthy is to be prepared. I think that even if you are going to engage in sexual activity with future partners it is very important that both partners are aware of the risks and that they have both taken the proper precautions to prevent disease and potentially physical injury caused by sexual practices. It is also important for me personally to avoid engaging in sexual activity until I am emotionally prepared to do so. This comes from getting older and becoming more experienced when it comes to relationships and personal health.

**Unit 3 Lesson #3- How do your choices about contraceptives help you live safely?**

After learning about the three main forms of contraceptives I now have the knowledge to make better decisions about sexual health and personal safety. I know about how to use contraceptives and when to use each strategy. This new information can give me plan on how I want to be preventing STI’s to keep myself safe from the life-threatening infections we learned about in this unit. I will also be able to advise future partners who may be un-certain on when they should be using contraceptives and which types of contraceptives, they should be using which leads to a healthier world for everyone.