**My Personal Health and Wellness Plan**

**Unit 1 Lesson #1** – How can I manage my stress in a way that would benefit my daily health?

I like to listen to happy/upbeat songs because they help lower my stress levels. They help me focus on something better instead of thinking of the stress. Getting enough sleep also helps reduce anxiety. You can also take a nap. If you are feeling stressed about something at school, you can talk to the councilors and see if they can help you get through it. You can also make a schedule of what work you need to finish and the when the deadlines are, so you are more organized. Another way to manage stress is exercising. It will distract you from what you are worried about while you burn calories. I have stress when it comes to school presentations. I don’t enjoy speaking in front of large groups of people. So far, I have not found a great solution to that stress, but it is a good idea to rehearse what you are going to say so it sounds more fluid and less choppy. If you get it over with as soon as possible it will go away from your mind and you don’t have to worry about it anymore.

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

I have family that lives in Indiana. I get to talk to them whenever and see what they are up to by using social media. I am someone who likes to stay home a lot, so technology doesn’t help me get out of the house much. I do get bored of technology sometimes and decide to do clean or exercise. I have an elliptical in my basement and when I feel like going on a quick walk/run I will go down there and listen to music or watch television. I think technology can hurt some people's emotion and social health because there are many ways for people to talk down to you or post mean things about you. Obviously, no one like being bullied so that would put some strain on your emotional health. You could also think that your friends don’t like you anymore, because of things that have been posted about you, so you wouldn’t want to be around them or many people either.

**Unit 1 Lesson #3** – How can I improve my communication skills to improve my daily life?

I can try talking to people on the phone more. When I talk to someone on the phone, I usually get flustered because I cannot see their face so I don’t know how they will react to certain things or if they are bored talking to me. I would much rather facetime people so I can see what they think by their facial expressions. Another thing I can do is putting my phone away, so I don’t get distracted while talking to my friends. When talking to someone I can move my body position and face them more, so they know I am listening. Reflecting later about the conversation you had can make you remember it better so if there was something, they were worried about you could ask them about later. It is better not to think ahead to what you are going to reply to the person with because that shows that you weren’t listening attentively. It is also rude to cut the person whether it is something very serious or is just small talk. People

think you don’t care about them so they will stop trusting that you will listen to them if they have something important to tell you. If you listen and try and help with situations, they will trust you just because you listen and try your best to help.

**Unit 1 Lesson #4** - What does it mean to you to be in an unhealthy relationship?

Unhealthy relationships can be a range of things. You can have unhealthy relationships with friends, significant others, etc. One type of an unhealthy relationship is where you don’t feel like you can be yourself around the person because you don’t think they will like the real you.

It can also hold you back from things you want to do. It can hold you back from going to friendly gatherings and can definitely make you more anti-social. Unhealthy relationships can also be where the person is always borrowing expensive things or is making you pay all the time. In a sense that person is stealing from you. I have had friends that, thinking back now, had probably been unhealthy relationships. Now that I know all this about unhealthy relationships I can know if I am in one later in life.

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

I am going to do tell the person how I feel and see if we can find a common resolution. If you tell the person how you feel, they will have a better understanding of how they hurt you. They will also be able to apologize or find a way to compensate what they did. I have had a few conflicts in my life and if I knew all things I do now I would know how to resolve them better. I would also understand how they feel about the situation. I now know that you have to look at something from the other persons perspective or put yourself in their shoes. It is also easier to know what might trigger conflict so it can be avoided. I can help people when they are dealing with conflicts because of what I have learned over the years.

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

If you never get back up when something doesn’t work out, if will break down your resilience. If you choose to get up and fight for what you think is right, you will get much further in life. For example, Dr. Seuss. His first book was rejected 28 times by 28 different people. If he had given up, his book wouldn’t have sold over 600 million copies, in 20 different languages, by the year 1991. When I get a grade on a test that isn’t what I was hoping for, I don’t go in a slump and give up, I try harder the second time so I can improve myself. I study harder and longer so I can do better. If everyone was to give up the second something didn’t go their way, we wouldn’t get anywhere in life. We would all just be sitting at home doing nothing; not making money, not eating, not sleeping, etc. I think even when something doesn’t go your way the first time, try, try, and try again until you find something that does.

**Unit 2 Lesson #2 –** How do your habits and choices influence your daily life?

Your choices and habits affect everything. Take school for an example; when you choose a class on your course selection sheet, that is making a decision for an entire semester. That class you chose will also affect where you go in the future. If you take pre-calc or workplace that helps set you on a direction so you can get the job you want in your future. For me, watching Netflix on my phone in the morning is a habit/choice. I choose to sit and watch a show instead of having more time to get ready in the mornings. If I didn’t go on my phone, I wouldn’t be as rushed to get out of the door. But it is a choice I make most days. Some days I get ready first and then have extra time before leaving, so I can watch show but not be as pressured to run out the door. You choose if your habits/choices are going to have a positive or negative reflection on your life.

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

For people who have addictive behaviours it is quite hard to get out of that routine. You have to be in the right state of mind and really want to quit before even trying. For some people that drink or smoke, it won’t have as much of an effect on them as others. Some can handle more than others, but it is still an addictive behaviour for others. When you choose to have another drink or smoke another cigarette that is increasing your likeliness of getting cancer in the future. If you have a strong force of people around you that also care about you and your well-being, then it is easier to get away from whatever behaviour you have. You can also go to therapy or counselling and talk about why you may have these behaviours. They will help you find a way to get back to a healthier path. Most of the time, addictive behaviours cannot take over your life unless you let them.

**Unit 2 Lesson #4 -** How Can You See Yourself Using the Skills of Delay, Refusal, and Negotiation in Your Daily Life?

I can see myself needing to use at least one of these in the future. As I go to more parties/gatherings people may ask me to do things I am not comfortable with, i.e. drinking, vaping, smoking weed, etc. Anyone can use any of the ways that we learned in class so people don’t think their ‘lame’ or whatever people may call them. You can get yourself out of the situation without hurting the other persons feeling as well. If you already have a reason before being asked to do or try something it will sound a lot more natural. If they don’t take no for an answer, we also learned that if you say something three times the person is likely going to give

 up. I would rather use one of these excuses then do something I may regret in the future. These can also be used in the way of making deals at work. For example, if you need to make a deal with another company you can negotiate prices with them easily. I think this was a good thing to learn and can be very useful for anyone to know.

**GRADE 10 PHE – add-ons to previous years reflections**

***Screen time:*** I am on my phone a lot, whether it be talking to friends, or just scrolling through Instagram and Tiktok. I should schedule out how long I have each day to be on my phone, so I am not constantly staring at my screens. This will also give me more time to be with friends and family and focus on other things I enjoy doing. I need to also include my school screen time because I do use my laptop to do homework daily.

***Sleep:*** Kids my age should be getting an average of 8-10 hours of sleep daily and currently I am not. This topic also connects back to how much I use my phone each day. I tend to get less than the recommended amount of sleep, whether it be talking to friends, watching videos, or staying up late to finish homework due the next day. Some days my devices get in the way of me getting a proper sleep. Again, as mentioned previously, I need to start scheduling my time better because sleep effects my mood as well as my daily energy.

***Healthy eating habits/The Canada Food Guide:*** At this time, I eat decently healthy though there are somethings that can be improved upon. I need to increase my protein consumption and decrease my empty calorie foods.