

My personal health and wellness

Unit one, activity one

How can I manage my stress in a way that would benefit my daily health?

One can use their stress in a motivational form. Instead of using it as an excuse to lay around, eat badly, and abusing substances such as alcohol, drugs,... one can use the stress to find a better life style, to take better care of one's self. Ways to use stress as a motivator are: exercise more, making more time for fun things, or to find another way that works better for one's individual needs.

One can also use it as a way to find out what is making them stressed. Then can then use that information to make things easier for themselves. They may use the stress to become more organized.

Unit one, activity two

How dose technology influence my social, physical, and emotional health?

Technology gives us a humans different perspectives on matter that effect us all differently. It gives us a perspective we would have never seen. It can make us feel happy or sad. Proud or disappointed. It can change how you view the world.

You look at the news and it is all bad news. Bad news sells .

When we see how bad other country's have it, we think, sucks for them, at least it's not me. Instead of thinking why, what can I do to help.

We fell sorry for our selves and other, yet we never do anything to make people happy, we sit around staring at a glowing screen losing our glowing hearts.

Perspective dose not matter if no one dose anything to change it for the better.

Unit one, activity three

How can I improve my communication skills to improve my daily life?

Communication is important. It is important to be able to share things that are important, but also listen to what is important to other people. (even if you find it boring).

Body language is also a big part of communication, it can help one see someone's life style and what they are going through a little more clearly. Also taking hints, if someone contumely says that they are depressed. They probably are.

Understanding when the person dose not want to talk, and being able sit together in comfortable silence. Being there and listing to their problems and not butting in and solving all their problems your way. listen offer support and advice, but don't take control, because if you take control, they may not want to come to you with their problems again.

Unit one, activity four

What dose it mean to you to be in an unhealthy relationship?

Being in a healthy relationship, means both people are happy with what is going on in the relationship. They can tell each other their problems, they can trust the other one to keep secrets. To not abuse their trust. They go off of a mutual respect, and they understand the other's needs and respect their needs. They understand that not everyday is going to be good. They can argue, but still respect each other, and they do no purposely hurt each other. They can respect each-other's space but also no when you get involved in the others problems. They are both happy to be in the relationship.

Unit one, activity five
How are you going to resolve future problems?

There are many ways for me to solve my own problems, but they don't all work. Personally I find meditating / mindful breathing annoying a waste of time, but I finds taking a break and / or controlling myself to be a good option. I wish to avoid conflict, and find ways to stop the problem before it even happened. Respecting the other person is important, if they feel threatened it is going to be a whole lot harder to get my point across effectively. Knowing when to stop is important, if I feel threatened I know that it may be getting out of hand and that I should stop and get my mind of it, or try a different approach to resolve the issue.

Unit one, activity six
My personal heath and wellness plan.

For my heath and wellness plan I am going to, use stress as a motivation. I well use stress to become more active and to find out what is making me stressed, so I may try to avoid it or become more organized. I well try to use technology in ways that well make my life easier, to get more organized and to get work done more efficiently. To improve my social skills, I can try talking to people instead of just texting, I can go out more and start more conversations with different people I would not usually talk to. I can stand up for myself if I feel I am in an unhealthy relationship, and be there for my friends if they are in unhealthy relationships too. I am going to ask for help when I need it, and think before I do something I might regret.