

**THE FIVE DIMENSIONS
OF HEALTH**

SPIRITUAL

EMOTIONAL

ANNA'S
ACTION PLAN

SOCIAL

PHYSICAL

INTELLECTUAL

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SPIRITUAL:

Issue: I get stressed a lot.

Reason for change: If I worry a lot I will have trouble concentrating and will not be able to deal with problems when I am older. I will also not learn effectively in school.

Goal: To manage my anxiety and be calmer.

Steps: I will breath five deep breaths before I get stressed and worry. I will also do some mindfulness before bed each day.

EMOTIONAL:

Issue: I can not hide my emotions.

Reason for change: It can often offend and hurt people if you let out that you are angry or sad. It can even hurt people if you let out that you are happy about something. It will also lead to unhealthy relationships which is connected to the social dimension of health.

Goal: To keep my emotions inside and control my feelings.

Steps: I will breath five deep breaths before I get show my emotions and think about what situation I am going to lead into if I show this emotion.

SOCIAL:

Issue: I am too shy to interact with people even if they aren't shy to interact with me.

Reason for change: If I am too shy to interact I will not get so many friends and I will be seen as not a good person just because nobody knows me.

Goal: To show myself no matter what people think of me.

Steps: I will approach people normally and introduce myself confidently and be proud of who I am.

PHYSICAL:

Issue: I only sleep 8-9/9-10 hours.

Reason for change: If I don't sleep for a standard amount of time I will not learn effectively and my concentration levels will not be efficient and sufficient. I will also not be able to interact with people in a normal way.

Goal: To sleep more smoothly at night.

Steps: I will not look at screens too much before bed and get rid of all energy by running around outside before dinner and bed

INTELLECTUAL:

Issue: I need to drink more water.

Reason for change: If I don't drink enough water my brain will not work properly and I will not be able to think properly and learn. Water is also very important for lots of body parts and so if you don't drink enough water those body parts won't work properly.

Goal: To drink more water.

Steps: I will bring a full water bottle to school and put it on my table each day to remind me to drink. Also if I have PE one day I will take it down to PE.

Daily Timetable

6:30-7:30: Get ready for school (FILL WATER BOTTLE!)

7:30-15:45: School

15:45-16:30: Instrument Practice

16:30-17:15: Homework

17:15-18:00: Relax and Family time (maybe go to the park)

18:00-19:00: Dinner and wash

19:00-19:25: Reading

19:25-19:30: Mindfulness/ Yoga

19:30-6:30: Thorough sleep

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Spiritual: *Spiritual health is all about being calm and relaxed in your life. It focuses on being kind, thankful, religious and less judgemental. If you do not believe in any religion you can still be spiritual by just being mindful of your surroundings and not being hurtful to those who do have a religion. It also includes you living the moment and just focusing on what is happening now.*

Emotional: *Emotional health is all about taking care of your emotions and knowing what is hurtful and what is not. It is also about thinking on the bright side and looking at things in a positive way. Being emotionally healthy means that you are not down all the time and that all your emotions are being taken care of. It also means having good thoughts and showing your emotions in a bold but careful and kind manner.*

Social: *Social Health is all about having strong and healthy relationships with both friends and family. It is also about talking to people in a confident way. You have to be proud of who you are and interact with everyone you meet. You should bond with friends but also be your unique self.*

Physical: *Physical Health is all about exercising and eating and drinking healthily. You must eat fruit and veg daily and drink at least 2 liters/8 8oz cups of water each day. Your body needs: Men-37.5 grams (9 teaspoons) Women-25 grams (6 teaspoons) of sugar a day. You must exercise in whatever form you like each week and make sure you sleep well each night. A child must sleep 10-12 hours a night and an adult should sleep approximately 8-10 hours.*

Intellectual: *Intellectual Health is all about your brain and how it works. You must eat healthily and drink lots so that your brain can work properly. You must give your brain a rest by having time by yourself and doing calm and mindful things. Like physical health you must also exercise your brain but in different ways than physical. You exercise your brain by reading, writing and all different thinking activities that you can do.*

Thank you for reading my action plan!