
How Do Our Identities Impact Our Health?



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How Do Our Identities Impact Our Health? *(Continued)*

Emotional health: One's ability to cope with life's challenges. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors.

Social health: One's ability to form satisfying interpersonal relationships with others. Your social health can also include your ability to adapt to different social situations and act appropriately in a variety of settings.

Spiritual health: One's relationship with their own personal values and beliefs and how those provide purpose to one's life. People may choose to practice spiritual health through prayer, meditation, and connecting with others who have similar beliefs.

Environmental health: One's relationship with the physical, chemical, and biological factors of the natural environment.

Mental health: A state of psychological well-being or an absence of mental illness. It can include the ability to enjoy life, the ability to create balance between life activities, and the effort to achieve psychological resilience.

Physical health: One's ability to care for their body for optimal health and functioning. Components of physical health include strength, nutrition, activity, and hygiene.