



Learning the Landscape- What is Health and Wellness?

Health and Wellness refers to physical, emotional and mental health. We are going to focus on two key areas, mental health and physical health. Both of these areas can affect the way an individual builds and maintains relationships, and how one views themselves.

Stress is a key factor in mental health for both youth and adults. The Oxford dictionary definition of stress is “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.” Unfortunately, stress can be a part of everyday life for most people. Students often face a variety of difficult situations like getting good grades, getting along with family and friends, and pressure to fit in. Some triggers of stress can be controlled, while some are unavoidable. What can be controlled is how to deal with stress. Here is a [short video](#) on ways to manage stress - goo.gl/NbdXjJ.





ACTIVITY:

Think about what role stress plays in your lives. Write down causes of stress in the four different aspects of your lives. *This is about self-reflection and some students may not want to share everything in a report back. It is meant to do individually with an opt-in share out or as a collective group.*

<p>Home</p>	<p>School</p>
<p>Community</p>	<p>Friends</p>