

Instructions

This document shows a preview of an interactive topic available to young people on the Ultimate Dialogue Adventure.

In order to start a topic, young people need to find it in their Dashboard and click on Start learning,

Health and Well-Being



What this topic covers

Health and well-being is the foundation for quality living and is linked to our ability to survive, connect with others, learn, and enjoy life. In this topic, you will learn about what good health and well-being is, what influences it, and how you can promote healthy living for you and your community.

By the end of this topic you will have prepared for dialogue with your peers by:

**Global Communication**

Sharing about your own definition of good health and well-being and why it is important to you and your community.

**Asking Questions**

Asking questions to understand what influences your own and others health and well-being in an empathetic and respectful manner.

**Critical Thinking**

Think critically about different types of strategies for managing good health and well-being and how you use them.

**Active Listening**

Listening to peers' stories on how they advocate for good health in their own communities and how what they say impacts you.

This learning module on average takes around 20 to 30 minutes to complete

[? Help](#)[Start learning](#)

Learning about health and well-being



What is health and well-being?



Read this infographic below to learn more about what this means:

What is good health and well-being?

- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness).
- The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

World Health Organization Constitution
<https://www.who.int/about/governance/constitution>

A body that is without injury or illness, which can include healthy diet, ability to get sufficient sleep, dental health, reproductive health, and hygiene.





A state of well-being is when a person feels safe, can manage emotions and cope with normal challenges in life, and is able to thrive in their daily lives and activities.



An ability to connect with others, to participate in meaningful relationships, and engage with communities in a positive and nurturing way.



Your health is important!

Even before the pandemic, the mental health needs of young people were not being adequately met. An estimated 14% of 10-19 year olds live with a diagnosed mental disorder.

World Economic Forum
<https://www.weforum.org/agenda/2021/09/mental-health-young-people-adolescence/>



Ensuring that adolescents are fully supported in all facets of life, including their mental health and well-being, is critical for fostering this transition and laying the foundation for healthy and productive adulthoods.

UNICEF
<https://data.unicef.org/topic/child-health/mental-health/>



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Learning about health and well-being



What is health and well-being?



What does good health and well-being look like to you and your community? Is it important? Why?

Write your response in the text box below.

Enter your thoughts here...

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Learning about health and well-being



What is health and well-being?



What does good health and well-being look like to you and your community? Is it important? Why?

Write your response in the text box below.

Enter your thoughts here...

Did you know that dialogue is actually a great way to support good health and well-being in many parts of the world! By sharing about your feelings and making social connections to your peers, you are keeping a healthy mind by expressing yourself and building a supportive community network.

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Learning about health and well-being



What influences health and well-being?



There are many factors that can impact our health and well-being: our environment, society, and our culture to name a few. Read a few examples below that show how different factors can impact young people's health and well-being.



Social Connections

(Photo by [Melyna Valle](#) on [Unsplash](#))

Fer enjoys hanging out with friends but can experience anxiety in social situations. In middle school Fer went to a school trip to the local museum, where there were large crowds. Fer became anxious and overwhelmed and started to cry. Some of the classmates began to make fun and call Fer names. This continued for the next school year, where some kids bullied Fer on social media.

Fer finally spoke with a school counsellor who created a dialogue with the class addressing the impact of cyberbullying and got them to stop. Fer realized the influence that social media can have on someone's health and well-being and decided to create a student group that advocates against cyberbullying.

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Safety

(Photo by [Sean Benesh](#) on [Unsplash](#))

Anna likes dancing and takes classes at a local recreation centre. She lives in a community that lacks proper pedestrian walks and lighting. Every afternoon she walks into the town to attend her dancing lesson. While walking Anna is afraid of being struck by fast moving vehicles and it is dark when her class is over, making her feel unsafe on her way home.

Anna does not feel safe, and it causes her a lot of stress and worry, even though dancing is good for her physical health and makes her happy. Not feeling safe and experiencing a lot of stress has a negative impact on her health and well-being.

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Cultural values

(Photo by [Rod Long](#) on [Unsplash](#))

Adam is a natural problem solver, which is why he loves going to school. He enjoys projects where he can combine Science, Math, Technology, and Art to come up with ideas that help the city where he lives. Having a focused and disciplined mind is important to him for his education, but it is also an important practice for his family and community.

One way that Adam keeps a healthy and disciplined mind is by supporting his spiritual well-being. Every evening, he takes time with his family to pray and give thanks. This helps Adam to focus and to feel gratitude and peace in his heart and mind.

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Learning about health and well-being



What influences health and well-being?



Which of the following are good questions that you can ask in a dialogue?

When dialoguing with your peers about what influences their own health and well-being, it is important to ask questions that are empathetic and free from judgment or bias.

Thank you for sharing your story, how did that experience make you feel?

Don't you think that is the wrong way to think and feel?

What influences your health and well-being and why?

Why was that experience so important to you?

How can anyone make such a poor choice?

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Learning about health and well-being



What influences health and well-being?



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How can anyone make such a poor choice?

 Help

When we ask questions that judge people or make assumptions about their feelings, it can not only be hurtful but also make people shut down. To keep an open and safe space for everyone, we must ask questions that encourage the dialogue not discourage the people.

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Learning about health and well-being



Managing good health and well-being




There are many factors that impact our health and well-being and there are also many ways to manage our feelings and cope with challenges that come our way.

Watch this video from the Hampshire CAMHS National Health Service (NHS) in the United Kingdom to learn different strategies that help young people take action for their own wellness.

Credit: Hampshire CAMHS: A to Z of Coping Strategies - <https://www.youtube.com/watch?v=5EXpkVw3fh0&t=79s>



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Managing good health and well-being



Do you use these strategies?

Read each of the strategies for managing well-being below. For each one select which answer applies to you:

	This works for me	I want to try it	Not sure	I have tried but doesn't work	I don't want to try it
Being active and exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being creative and expressing myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spending time with friends/family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listing things that make me happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking deep breathes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using positive self-talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Learning about health and well-being



Using strategies for good health



What do you do?

Thinking about the strategies that you selected in the previous activity, write about a time when you have used one of them and how it helped you.

You might also want to write about a strategy you have never tried but will try in the future. Why would it be helpful for you?

Enter your thoughts here...

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Learning about health and well-being



Using strategies for good health



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Enter your thoughts here...

 Help

Being able to think critically about how we deal with situations that we find challenging is a skill for managing our health and well-being as well. It is important to identify what is affecting our well-being and then to use healthy strategies that can help us to feel our best and grow.

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Learning about health and well-being



Advocating for good health



Read about three young people from different parts of the world who have found ways to manage their own well-being while supporting others.



“Writing is humanity distilled into ink”

Diana Chao is a 19-year-old Chinese American mental health advocate, who after being diagnosed with bipolar disorder at the age of 13, founded Letters to Strangers (L2S), which is an organization that shares anonymous letters between young people so they can support and help each other to manage mental health.

<https://www.letterstostrangers.org/about>



“I want people to see the strength within themselves, regardless of what it is they might be going through”.

Te Manaia Jennings is a 22-year-old Māori artist and mental health advocate that lives in New Zealand. Since she was a kid she has struggled with depression and anxiety due to a chronic spinal condition. Through drawing and painting, her art encourages conversations about mental well-being in the Māori community.

<https://www.ywca.org.nz/our-stories/wahinewednesday-te-manaia-jennings/>



“As long as my body lets me, I'll keep on running.”

Maria Lorena Ramirez is a 27-year-old ultra-marathon runner who belongs to the Raramuri ethnic group and lives in Mexico. In her culture, her community believes that running is an important activity for a healthy body, mind and spirit. Lorena has become a well-known advocate of the Raramuri culture and running for wellness.

<https://culturacolectiva.com/movies/lorena-ramirez-light-footed-woman-runner-netflix-documentary/>

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Photo credits: Writing by Alficons from [NounProject.com](https://www.nounproject.com/), Paint by Jan Wagner from [NounProject.com](https://www.nounproject.com/), Run by Ainsley Wagner from [NounProject.com](https://www.nounproject.com/)

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Learning about health and well-being



Advocating for good health



How has listening to these young people's stories of advocacy impacted you?

Read the quote and select the option that best describes your reaction:

"Writing is humanity distilled into ink" – Diane Chao

This motivated me to support my community

This makes me want to know more about this person's experience

This gave me a new perspective or idea

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Well done!



You completed

Learning about health and well-being

Congratulations on completing the module and earning the badge for Health and Well-being! You now have an idea of what good health and well-being is, what factors can impact your well-being, and how you can create wellness for yourself and others.

You are now ready to join the dialogue space with your global peers and share your experiences of Health and Well-being. Remember to use the skills of dialogue to keep this a safe, supportive, and respectful dialogue space.

Continue



Learning: Health and Well-Being

You have earned the badge about Health and Well-Being!

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