

Components of Health

Chapter 3: Health: The Ultimate Treasure · Topic 1

Key Concept

Physical health depends on factors like balanced nutrition, regular exercise, adequate sleep, and personal hygiene. Mental health involves emotional wellbeing, the ability to cope with stress, and maintaining healthy relationships. Social health relates to a person's ability to interact positively with others and their community. All three components are interconnected — for example, chronic stress (mental) can weaken the immune system, making a person more prone to physical illness.

Quick Revision Notes

- Health is complete physical, mental, and social wellbeing, not just absence of disease.
- Physical health: nutrition, exercise, sleep, hygiene.
- Mental health: emotional wellbeing, stress management, healthy relationships.
- The three components of health are interconnected — mental stress can affect physical health.

Practice Questions

- 1 List three factors that contribute to good health.
- 2 Explain how mental health can affect physical health, with an example.
- 3 Why does the WHO definition of health go beyond just the absence of disease?