

Building Health Skills

Chapter 2
Lesson 1

Should Develop Health Skills

- **Health skills**, or life skills, are specific tools and strategies that help you maintain, protect, and improve all aspects of your health
- **Include**
 - Interpersonal Communication
 - Self Management
 - Analyzing Influences
 - Accessing Information
 - Advocacy



Interpersonal Skills



- Effective communication involves not only making yourself heard but also being a good listener
- **Interpersonal communication** is the exchange of thoughts, feelings, and beliefs between two or more people

Effective Communication

- **Clearly say what you mean**
 - Use "I" messages to state your position → avoids placing blame on others
- **Pay attention to how you say something**
 - Use a respectful tone & think about nonverbal communication
- **Be a good listener**
 - Do not interrupt others, nod, or ask questions



Refusal Skills

- **Communication strategies that can help you say no** when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values
 - Say "no" in a firm voice – calmly & clearly "I'd rather no!"
 - Explain why – example: goes against values
 - Suggest alternatives – propose safe, healthful activity
 - Use appropriate body language – look into eyes
 - Leave if necessary – if will not take no for an answer, walk away

Conflict Resolution Skills

- **Is the process of ending a conflict through cooperation and problem solving**
- **Key is respecting others' rights & your own**
- **Willingness to compromise will also help**



Steps When Dealing With Conflict

- Take time to calm down & think about the situation
- Speak calmly, listen attentively, & ask questions when appropriate
- Use a polite tone & try to brainstorm solutions where no one loses respect



Self-Management Skills

- Take responsibility for your health & act in ways that promote your wellness
- Practicing healthful behaviors
 - Eat nutritious foods, exercise, express feelings in healthful ways, build self-esteem, maintain relationships, & avoid risk behaviors
- Managing stress
 - **Stress** – the body's and mind's reactions to everyday demands
 - Must demonstrate **stress management** – ways to deal with or overcome the negative effects of stress
 - Physical activity, listening to music, manage time, etc.



Analyzing Influences

- By analyzing influences you will be better able to make healthful choices
 - Two types
 - Internal influences
 - Knowledge, values, likes, dislikes, and desires that are based on your experiences & perspective on life
 - You have a lot of control over internal influences
 - External influences
 - Family, friends & peers, environment, culture, laws & the media
 - You have less control over external influences – but must be aware of them



Accessing Information

- Find reliable sources of information to help you make healthful choices
 - Parents, guardians, & other trusted adults
 - Library resources – encyclopedia, nonfiction books on science, medicine, nutrition, & fitness
 - Reliable internet sites – government & educational
 - Newspapers & magazine articles by health professionals or experts
 - Government agencies, health care providers, and health organizations



Advocacy

- Taking action to influence others to address a health-related concern or to support a health-related belief
 - Help others to become informed, & support health causes that concern & interest you
 - Encourage family, friends, peers, & community members to practice healthful behaviors