

Personal Choices and Well-Being

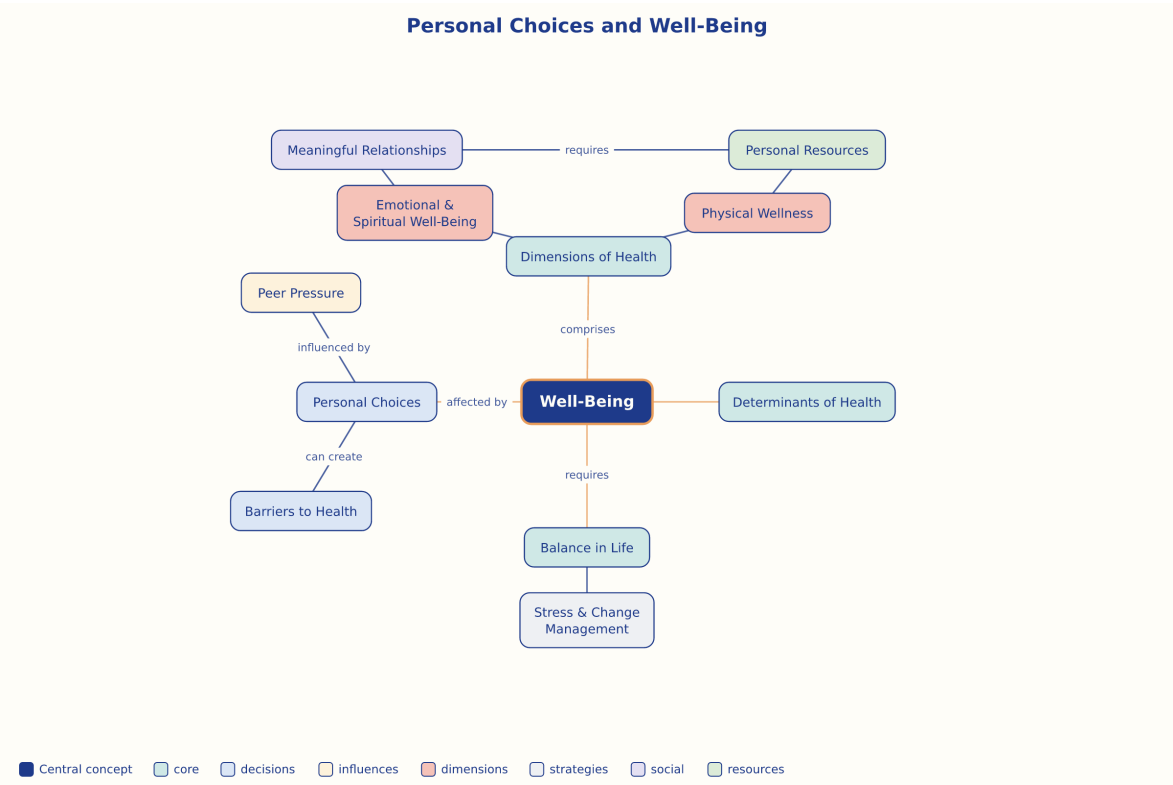
Central concept: **Well-Being**

Connections

- Well-Being (comprises) -> Dimensions of Health
- Well-Being (shaped by) -> Determinants of Health
- Well-Being (requires) -> Balance in Life
- Well-Being (affected by) -> Personal Choices
- Dimensions of Health (includes) -> Emotional & Spiritual Well-Being
- Dimensions of Health (includes) -> Physical Wellness
- Personal Choices (can create) -> Barriers to Health
- Personal Choices (influenced by) -> Peer Pressure
- Balance in Life (maintained through) -> Stress & Change Management
- Emotional & Spiritual Well-Being (is part of) -> Holistic Well-Being
- Physical Wellness (depends on) -> Personal Resources
- Personal Well-Being (is affected by) -> Positive Attitudes About Self

Notes

- **Well-Being:** Holistic state encompassing emotional, intellectual, social, spiritual and physical dimensions [Topic](#)
- **Dimensions of Health:** Emotional/psychological, intellectual, social, spiritual and physical aspects that interact dynamically [Outcome](#), [Topic](#)
- **Determinants of Health:** Factors that influence lifestyle choices and overall health outcomes [Outcome](#)
- **Balance in Life:** Dynamic equilibrium among dimensions that changes over time and circumstances [Outcome](#), [Outcome](#)
- **Personal Choices:** Decisions made about health, relationships, resources and lifestyle that affect well-being [Outcome](#), [Outcome](#)
- **Barriers to Health:** Combinations of poor choices, substance use, risk situations and external pressures that impede well-being [Outcome](#), [Outcome](#)
- **Peer Pressure:** Social expectations and influence from others that shape personal choices [Outcome](#), [Outcome](#)
- **Emotional & Spiritual Well-Being:** Constructive expression of feelings, moods and personal values; managing anger, depression and loss [Outcome](#)
- **Physical Wellness:** Nutrition, fitness, exercise, safety and risk-taking behaviours that support physical health [Outcome](#)
- **Stress & Change Management:** Strategies for anticipating, identifying and managing inevitable stress and life transitions [Outcome](#)
- **Meaningful Relationships:** Connections built on trust, integrity, respect and responsibility; skills for healthy interaction [Outcome](#)
- **Personal Resources:** Time, energy, knowledge, skills, talents, technology and finances available to meet lifestyle demands [Outcome](#)



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