

Personal Choices and Well-Being

This worksheet addresses General Outcome 1: Personal Choices, which asks students to apply an understanding of the dimensions of health and manage personal well-being ([Topic](#)). The exercises draw on outcomes related to the determinants of health, barriers to well-being, stress management, and personal action planning ([Outcome](#), [Outcome](#), [Outcome](#)).

Exercises

1. Multiple choice

Which of the following best describes the holistic nature of well-being as outlined in the health outcomes? ([Outcome](#))

- A) Physical health is the only dimension that affects overall well-being.
- B) The emotional/psychological, intellectual, social, spiritual and physical dimensions of health operate independently of one another.
- C) The dimensions of health are interrelated and interdependent, and a change in one dimension affects the others.
- D) Well-being is fixed once established and does not change over time.

Circle your answer: A B C D

2. Matching

Match each dimension or concept of well-being on the left with the description that best fits it on the right. Write the matching letter in the blank.

Term	Blank	Description
1. Emotional/spiritual well-being	_____	A) Involves examining safety and risk-taking behaviours, nutrition and exercise
2. Physical well-being	_____	B) Involves recognizing that stress is inevitable and developing strategies to manage it
3. Balance in life	_____	C) Involves personal responsibility for the constructive expression of feelings
4. Stress management	_____	D) A dynamic state that changes over time and requires ongoing attention

([Outcome](#), [Outcome](#), [Outcome](#), [Outcome](#))

3. Short answer

Identify two determinants of health (for example, income, family situation, personal habits, access to resources) and explain, in two or three sentences each, how each determinant could influence a person's lifestyle choices. ([Outcome](#))

Determinant 1: _____

Explanation: _____

Determinant 2: _____

Explanation: _____

4. Scenario analysis

Read the scenario below and answer the questions that follow.

Jordan is invited to a party where several classmates plan to drink alcohol. Jordan is also behind on a major assignment due the next day and has been skipping meals and sleep to try to catch up.

a) Identify two separate risk factors present in this scenario. ([Outcome](#))

b) Explain how these risks in combination could create a greater barrier to Jordan's well-being than either risk alone. ([Outcome](#))

c) Describe one way that peer pressure or the expectations of others might be influencing Jordan's decisions. ([Outcome](#))

5. Personal plan

Choose one aspect of your own well-being that you would like to improve (for example, sleep habits, physical activity, stress management, or a social relationship). Complete the plan below. ([Outcome](#), [Outcome](#))

Aspect of well-being I want to improve: _____

One specific action I will take: _____

How I will know I am making progress (a measurable sign): _____

One support system or resource I could use for help (a person, service, or organization):
_____ ([Outcome](#))

6. Short answer

Explain, in a short paragraph of at least four sentences, why balance in life is described as dynamic rather than fixed. Refer to at least one example of how a change in one area of life (such as school workload, a new job, or a change in relationships) might require a person to adjust their balance in other areas. ([Outcome](#), [Outcome](#))

Answer key

1. C, the dimensions of health are interrelated and interdependent ([Outcome](#), [Topic](#)).
2. 1-C, 2-A, 3-D, 4-B ([Outcome](#), [Outcome](#), [Outcome](#), [Outcome](#)).
3. Answers will vary; accept any two valid determinants (such as income, family, environment, personal habits) with a reasonable explanation linking the determinant to a lifestyle choice ([Outcome](#)).
4. a) Accept two of: skipping meals, sleep deprivation, social/alcohol-related risk, academic stress. b) Answers should explain that combined risks compound the strain on physical and emotional well-being more than a single risk would. c) Accept explanations referring to social pressure to drink or to fit in with classmates ([Outcome](#)).
5. Answers will vary; accept any complete, realistic plan with a specific action, a measurable sign of progress, and a named support or resource ([Outcome](#), [Outcome](#), [Outcome](#)).
6. Answers will vary; accept a response that explains balance as changing over time and gives a plausible example of one life change requiring adjustment elsewhere ([Outcome](#), [Outcome](#)).

