

My Body is God's Temple

What is health?

World Health Organization (WHO) defines health as
“a state of complete physical, mental, and social well-being,
not merely the absence of disease or infirmity”.

What are the dimensions of wellness?

The Ministry of Health and Wellness Jamaica recognizes 9
dimensions of wellness:

- Physical
- Mental
- Social
- Emotional
- Environmental
- Financial
- Intellectual
- Vocational
- Spiritual

Several resources are available to explore these dimensions:



Harvard
University



University
of Waterloo

Non-communicable diseases

Non-communicable diseases (NCDs) are diseases that are
not infectious, last a long time and are also known as chronic
diseases.

There are many NCDs but the five most common ones are
cardiovascular diseases (high blood pressure, heart attack and
stroke), **diabetes**, **depression**, **asthma** and **cancer**.

An unhealthy diet can contribute to heart attacks, strokes,

some types of cancer and worsens some mental health
conditions. Asthma can be triggered by certain foods.

Healthy diets and increased physical activity are very
important for preventing and controlling NCDs.

FOOD-BASED DIETARY GUIDELINES JAMAICA

Advice for maintaining a healthy diet

- Eat a variety of foods from all the food groups daily.
- Eat a variety of fruits daily.
- Eat a variety of vegetables daily.
- Include peas, beans and nuts in your daily meals.
- Reduce intake of salty and processed foods.
- Reduce intake of fats and oils.
- Reduce intake of sugary foods and drinks.

ADAPTED FROM JAMAICA PA TIPS

Advice for maintaining adequate physical activity

- Make physical activity a part of your daily routine.
- Children should get 60 minutes of physical activity daily.
- Adults should get 30 minutes of physical activity daily.
- Keep it fun and stay hydrated.
- Warm up before you exercise.
- Exercise with friends and family.
- Stretch after exercise.

ACTIVITY ONE

Health activity |
Questions for BrainstormingInstructions for Brainstorm¹

The purpose of a brainstorm is to creatively share our thoughts and solutions as we help each other make small steps to a healthy lifestyle. To do this, we follow these guidelines:

- i. Share as many ideas as possible during a set time.
- ii. Build on the ideas of others.
- iii. Encourage all ideas but stay focused on the topic.
- iv. Avoid judgment of ideas that are shared. No commenting during the brainstorm – no negative or positive comments. No laughing at or degrading others' ideas.
- v. No questions until after the brainstorm.
- vi. After the brainstorm allow persons to ask questions and seek clarifications if necessary.

BRAINSTORMING QUESTION

What are some ways we can protect our temple to prevent the development of obesity?

ACTIVITY TWO

Guide to Goal Setting for
Health Behaviour Change

Each participant in the group should be encouraged to complete the following goal setting worksheet:

What is my health goal?

TIP

You may consider a goal that helps you in any one of the 9 dimensions of wellness.

What will I do to achieve this goal?

TIP

Make small steps towards achieving the goal

When will
I do it?

How often
will I do it?

Who will
help me?

On a scale of 1 to 10, how
confident are you that you
will achieve your goal?

How will you reward
yourself after you
reach your goal?

Resources are available to help set your individual health goals.



Verywellmind.com

¹ <https://www.cec.health.nsw.gov.au/CEC-Academy/quality-improvement-tools/brainstorming>