

Date : \_\_\_\_\_

Name: \_\_\_\_\_



# Holistic Health

## Health is holistic in nature.

- This means that there is a strong connection between our physical health and our mental, emotional, and spiritual well-being.
- For example, eating healthy food, being physically active, and getting a good night’s sleep all support healthy growth and development and also help us deal with the effects of stress.
- Numerous studies also show that regular physical activity can relieve symptoms associated with anxiety and depression.

Source: [The Ontario Curriculum, Grades 9-12: Health and Physical Education, 2015](#)

## Healthy Outlets for Expressing and Processing Feelings

Outlet	Potential Benefits
Physical Activity	
Journaling 	
Mindfulness and Meditation	
Spending Time in Nature 	
Creative Expression	
Talking to a Trusted Friend or Family Member 