

# Health Triangle Worksheets

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

This workbook is a collection of worksheets intended to help you improve your overall health using the Health Triangle. The Health Triangle is a model that emphasizes the balance between three key areas of your health: physical, social, and mental/emotional. Understanding and maintaining this balance is crucial for overall well-being.

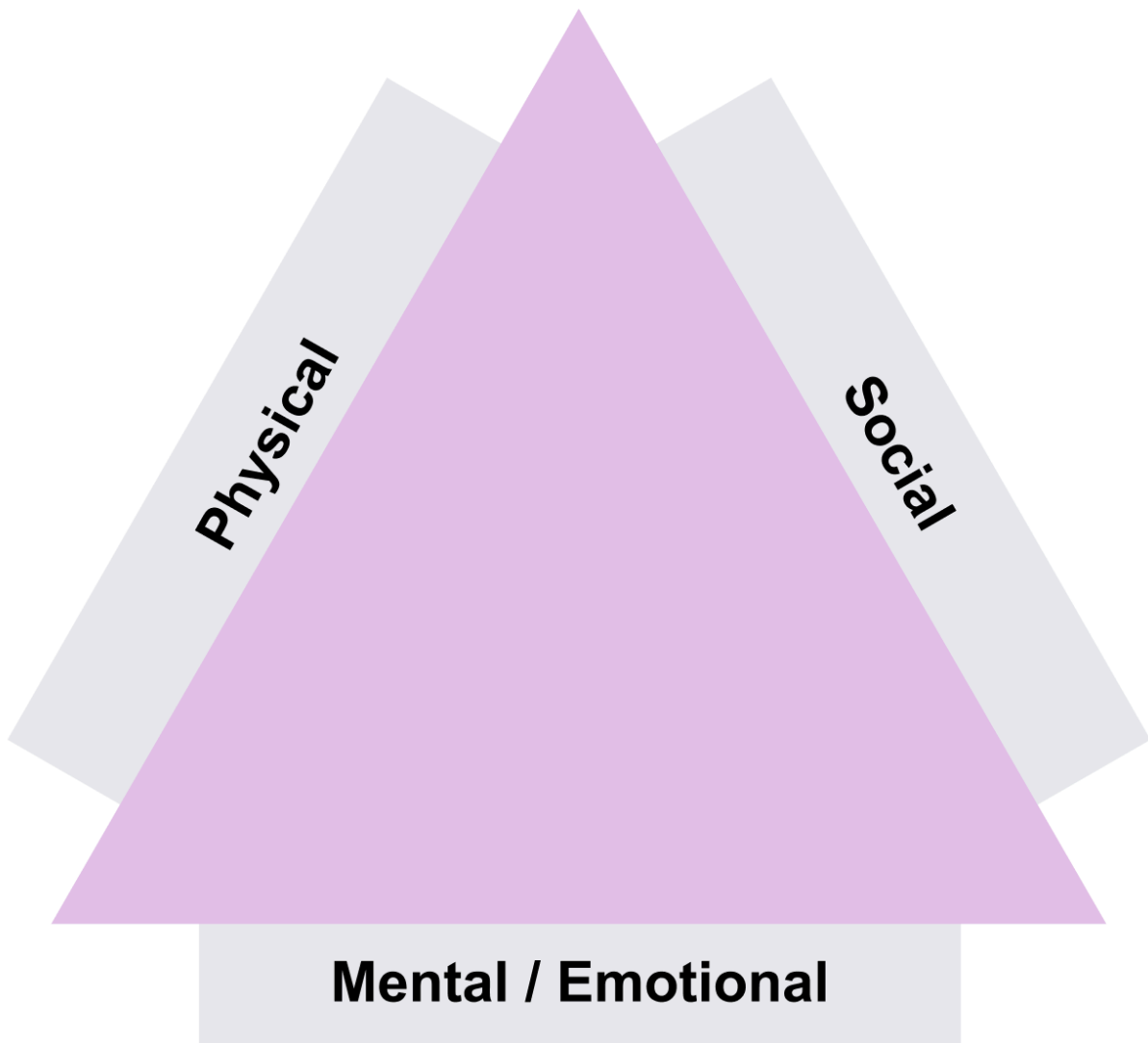
## Health Triangle Worksheet

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This worksheet serves as a starting point to explore these three aspects before delving deeper into each one in subsequent worksheets.

1. Briefly assess your current health in each of the three areas using the prompts below.
2. Consider how these areas impact one another and your overall health.

Use your responses as a baseline to guide more detailed exploration in the following worksheets.



**General Health Assessment**

**Physical Health:**

Consider your exercise habits, diet, sleep patterns, and regular health check-ups.  
Rate yourself according to the scale below.

<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
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**Social Health:**

Think about your social interactions, community involvement, and relationship satisfactions.

<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
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**Mental and Emotional Health:**

Evaluate your stress management, emotional resilience, and overall mental state.

<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
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**Reflecting on Balance**

How balanced do you feel your Health Triangle is based on the ratings above?

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Where do you see the greatest need for improvement?

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Describe how imbalances in one area could affect the other areas of your health triangle.

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# Physical Health Worksheet

Take your time to answer each section honestly and thoughtfully. Review and update your goals and progress regularly, at least once a month.

Consider discussing your goals and experiences with a healthcare professional or a fitness coach to get feedback and support.

Self-Assessment						
Rate your current physical health in the following areas on a scale of 1 to 5, with 1 being "needs improvement" and 5 being "excellent."						
How often do you engage in physical activity that increases your heart rate and breathing?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
How balanced is your diet including fruits, vegetables, proteins, and whole grains?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
Are you getting enough restful sleep each night?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
How proactive are you in managing your health through regular check-ups, screenings, and vaccinations?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
How regularly do you maintain adequate hydration throughout the day?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>
How effectively do you use exercise to manage stress?						
<b>Needs Improvement</b>	<input type="checkbox"/> 1	2	3	4	5	<b>Excellent</b>

## Reflection

What are the main barriers you face in maintaining a regular exercise routine? Consider time, motivation, or physical conditions.

Reflect on a time when making a healthier dietary choice had a noticeable impact on your overall well-being. What changes did you notice?

How does your sleep affect your energy levels and your ability to function throughout the day?

Discuss how regular health check-ups have influenced your health management. Have there been any significant findings or advice that changed your approach?

How do you balance your fluid intake with your daily activities and physical health needs?

Think about a stressful period in your life. How did physical activity (or lack of it) affect your stress levels?

## Goal Setting

Based on your self-assessment and reflections, set three goals to improve your physical health in the next month.

### Goal 1

Specific action steps:

How you will measure success:

### Goal 2

Specific action steps:

How you will measure success:

### Goal 3

Specific action steps:

How you will measure success:

# Social Health Worksheet

Take your time to answer each section honestly and thoughtfully. Review and update your goals and progress regularly, at least once a month.

Consider discussing your goals and experiences with a trusted friend, family member, or counselor to get feedback and support.

Self-Assessment							
Rate your current social health in the following areas on a scale of 1 to 5, with 1 being "needs improvement" and 5 being "excellent."							
I can easily adapt to different social settings and engage with various people.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
I have a support system that provides emotional, informational, and practical support.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
I feel a sense of belonging in my community or within certain groups.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
I find it easy to make new friends and connect with new people.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
I respect others' boundaries and feel my boundaries are respected in turn.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
I can empathize with others and understand their perspectives, even when they are different from my own.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>
The people in my life generally have a positive influence on my behavior and well-being.							
<b>Needs Improvement</b>	<input type="checkbox"/>	1	2	3	4	5	<b>Excellent</b>

I feel confident in social situations and in initiating conversations.

**Needs Improvement**

1

2

3

4

5

**Excellent**

**Reflection**

What challenges do you face when socializing? Consider anxiety, time constraints, or lack of interest.

Think of a recent social situation where you learned something valuable about yourself or others. What was the lesson?

How does using technology (social media, messaging apps) affect your social health positively or negatively?

How do your cultural background and community affiliations influence your social interactions and sense of belonging?

Are you more energized or drained by social interactions, and what does that say about your need for socializing?

How do you cope with feelings of rejection or loneliness? Are there strategies that have been particularly helpful or harmful?

Reflect on how past experiences have shaped your current social habits and attitudes. Are there experiences that have particularly influenced your approach to relationships?

Describe what your ideal social life would look like. What steps can you take to move closer to this vision?

### **Goal Setting**

Based on your self-assessment and reflections, set three goals to improve your social health in the next month.

#### **Goal 1**

Specific action steps:

How you will measure success:



**Goal 2**

Specific action steps:

How you will measure success:

**Goal 3**

Specific action steps:

How you will measure success:

# Mental and Emotional Health Worksheet

Take your time to answer each section honestly and thoughtfully. Review and update your goals and progress regularly, at least once a month.

Consider discussing your goals and experiences with a mental health professional to get feedback and support.

Self-Assessment							
Rate your current mental and emotional health in the following areas on a scale of 1 to 5, with 1 being "needs significant improvement" and 5 being "excellent."							
How effectively do you manage daily stresses?							
Needs Improvement	<input type="checkbox"/>	1	2	3	4	5	Excellent
How well do you recognize and express your emotions?							
Needs Improvement	<input type="checkbox"/>	1	2	3	4	5	Excellent
How quickly do you recover from setbacks?							
Needs Improvement	<input type="checkbox"/>	1	2	3	4	5	Excellent
How often do you feel anxious or overwhelmed?							
Needs Improvement	<input type="checkbox"/>	1	2	3	4	5	Excellent
Are there signs of depression affecting your daily life?							
Needs Improvement	<input type="checkbox"/>	1	2	3	4	5	Excellent
Reflection							
What are the most common sources of stress in your life, and how do you usually cope with them?							

Think about a recent situation where you effectively managed a negative emotion. What strategies did you use?

How do you typically react to significant life changes or challenges? What might help you handle them better?

Describe how your mood fluctuations impact your relationships and daily activities.

Reflect on any anxiety or depression symptoms you experience. How do they affect your daily functioning?

What activities or practices have you found beneficial for your mental and emotional well-being?

## Goal Setting

Based on your self-assessment and reflections, set three goals to improve your mental and emotional health in the next month.

### Goal 1

Specific action steps:

How you will measure success:

### Goal 2

Specific action steps:

How you will measure success:

### Goal 3

Specific action steps:

How you will measure success:

# Healthcare Professional's Notes and Reminders

## Notes and Reminders

## Healthcare Professional's Information and Contact Details

Name:

License Number:

Phone Number:

Email:

Name of Practice: