

DHTA1 SESSION 3

ACTIVITY: HOW DO I SELF-MANAGE MY HEALTH

Printable version



Partners

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HOW DO I SELF-MANAGE MY HEALTH?

Self-managing your health is important for your well-being, encompassing both physical and mental health. It involves being an active participant in your own care, often in partnership with your relatives and health professionals.

Here is a test with questions about self-management of health. Let's see if you can find the right option!

Put a check mark (✓) in the box to the right of the option you think is correct.
(Answers key, in the last page)

Question 1

check

<p>Being informed about health and knowing my body is a good way to self-manage my health</p>	True	<input type="checkbox"/>
	False	<input type="checkbox"/>

Question 2

check

<p>A balanced diet is important for your health. Which of these foods should you only eat occasionally?</p>	Apples and bananas	<input type="checkbox"/>
	Grilled fish	<input type="checkbox"/>
	Chocolate croissant	<input type="checkbox"/>
	Soup with chickpeas	<input type="checkbox"/>

Question 3

check

<p>What type of sport would you recommend to a person over 50 to stay healthy?</p>	Marathon	
	Scuba diving	
	Mountain climbing	
	Hiking	

Question 4

check

<p>Only one of these habits is healthy. Which one?</p>	Smoking	
	A complete and balanced breakfast	
	Alcohol consumption	
	Drugs use	

Question 5

check

<p>For good self-management of health, we must take care of many aspects of our lives. Which option is NOT correct?</p>	Wearing the latest fashion trends	
	A balanced nutrition	
	Sleeping well	
	Personal hygiene	

Question 6

check

<p>Which of these options is good for our emotional well-being?</p>	<p>Being alone</p>	
	<p>Not talking to anyone</p>	
	<p>Staying home on the weekend</p>	
	<p>Practicing hobbies and activities you enjoy</p>	

Question 7

check

<p>Why do you think it's important to self-manage your health?</p>	<p>It's about being more responsible and independent</p>	
	<p>It's more convenient if other people do it for me</p>	
	<p>I don't have time to worry about this</p>	
	<p>Actually, I don't think it's important</p>	

Question 8

check

<p>What do you think is a good method to improve your self-management of health?</p>	<p>Self-monitoring: write down in a notebook the important information</p>	
	<p>Ask my neighbor what medicine would be good for my problem</p>	
	<p>Ignoring the symptoms</p>	
	<p>Not following the doctor's instructions</p>	

Question 9

check

<p>For good self-management of health, we must take care of many aspects of our lives. One is NOT CORRECT. Which one?</p>	<p>Hygiene</p>	
	<p>Nutrition</p>	
	<p>Sleeping well</p>	
	<p>Wearing the latest fashion trends</p>	

Question 10

check

<p>Self-management requires self-esteem, knowledge and being consistent</p>	<p>True</p>	
	<p>False</p>	

Answers key	
Question 1	Blue
Question 2	Yellow
Question 3	Green
Question 4	Blue
Question 5	Red
Question 6	Green
Question 7	Red
Question 8	Red
Question 9	Green
Question 10	Blue