

Topic 1 : Health management

TRAINING ACTIVITY 1 - SESSION 1

1.1 Awareness about health self-knowledge



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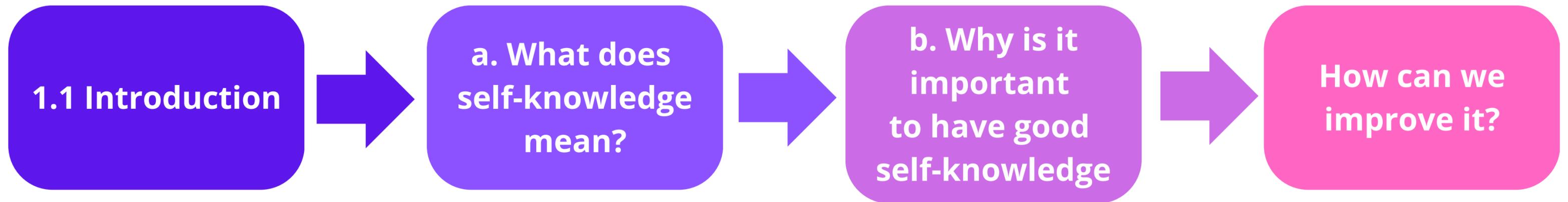


Partners



TOPIC 1: Health management

1.1 Awareness about health self-knowledge



Competences

After you finish this unit:
You will know....

- ✓ • What self-knowledge means
- ✓ • Why is it important for our health and well-being
- ✓ • How important is to understand our own needs



SESSION 1 SCHEME



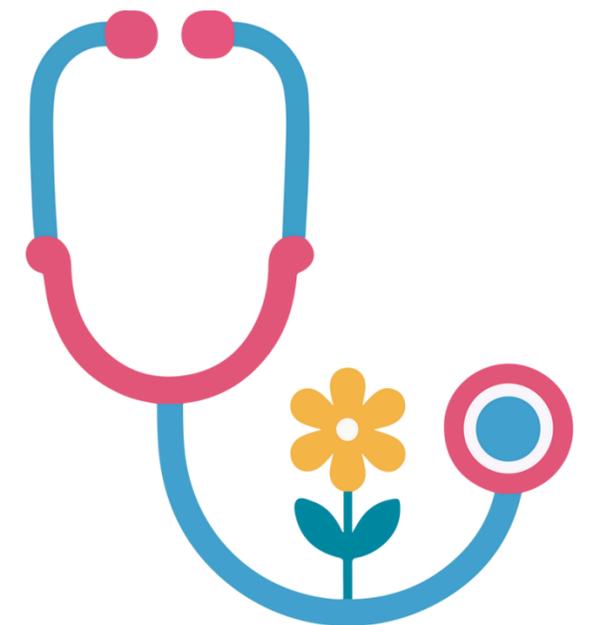
Initial activity	Each participant introduces himself or herself and receives an identification badge that will be used in subsequent sessions
Presentation	Let's see what this session is about
Discussion	Sharing personal experience
Video	Some influencers talk to us about the topic
Practical activity	The checklist game
Conclusions	Group reflection
Evaluation	Let's check if we have understood the main concepts
Closure	See you soon!

Presentation of the topic

This unit is about what it means to know better ourselves
in order to take care of our own health and well-being

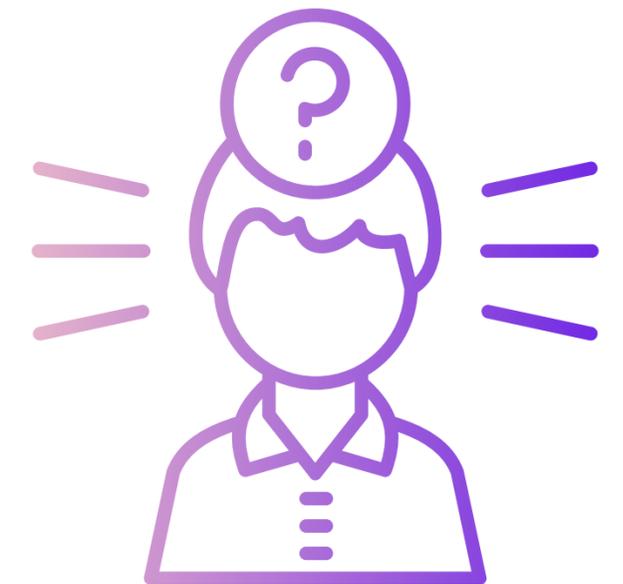
It teaches simple and useful skills
to look after health.

It also explains what it means
to take care of our own health.



What does self-knowledge mean?

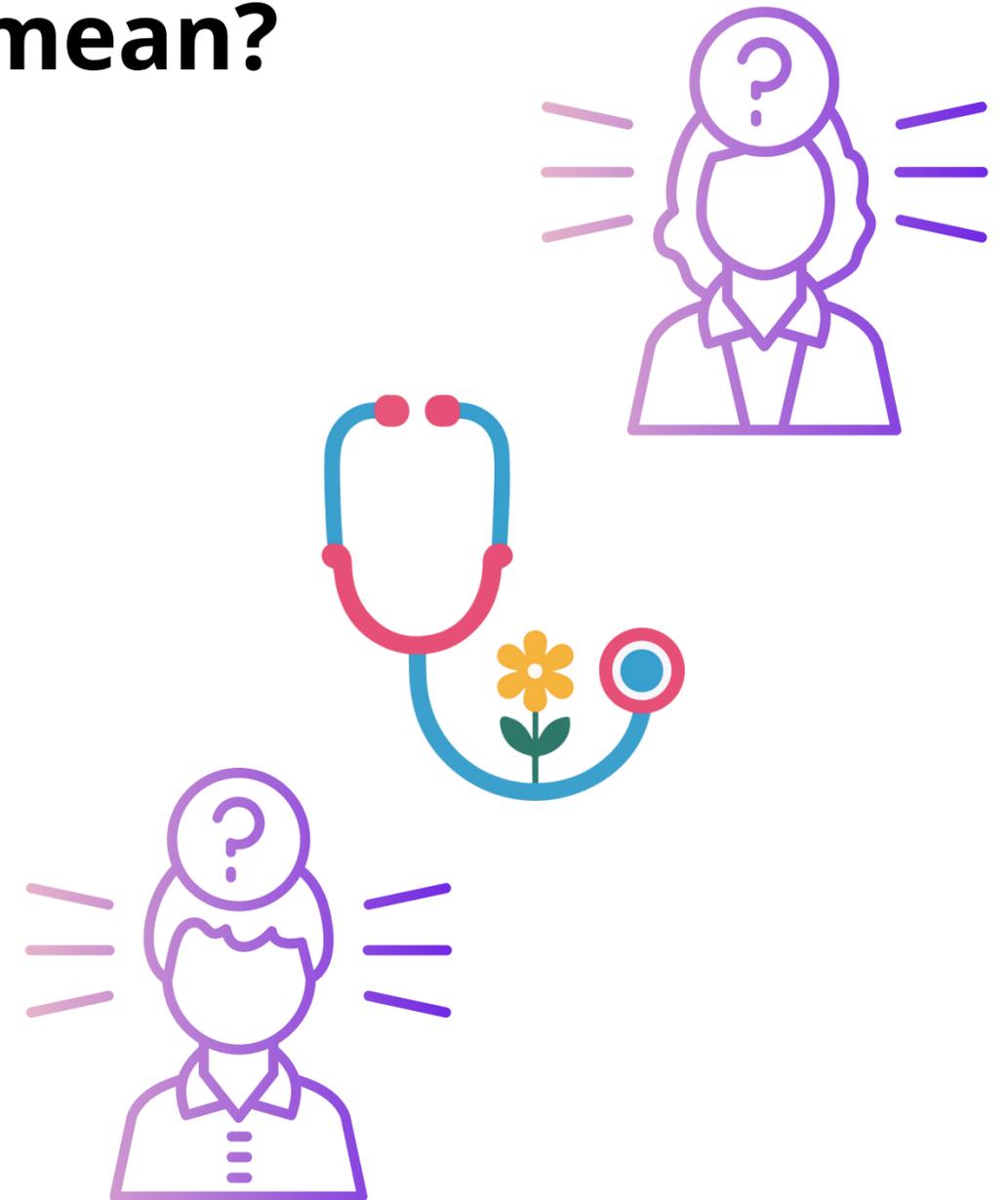
Self-knowledge means knowing yourself well.



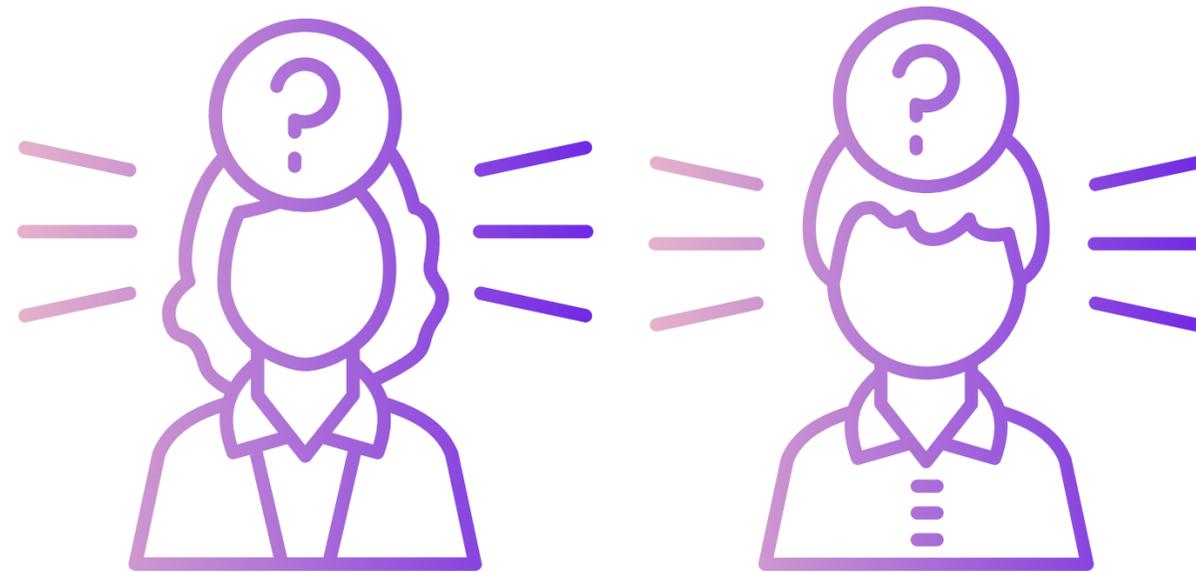
And what does health self-knowledge mean?

It means understanding your feelings,
your body, and your health.

You know what is normal for you
and what is not.



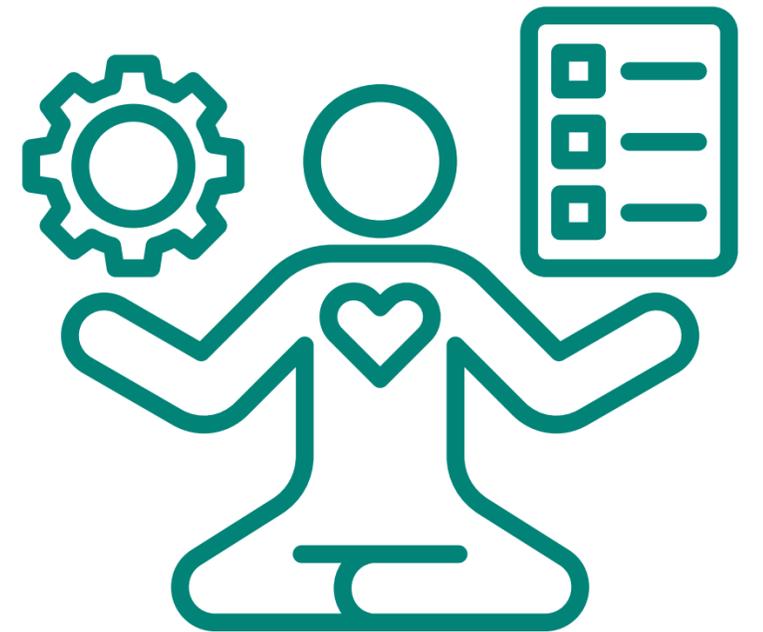
To take care of our own health, we need **self-knowledge**.



Why is it important to have good self-knowledge of our health?

Managing your health means looking after your body and mind every day.

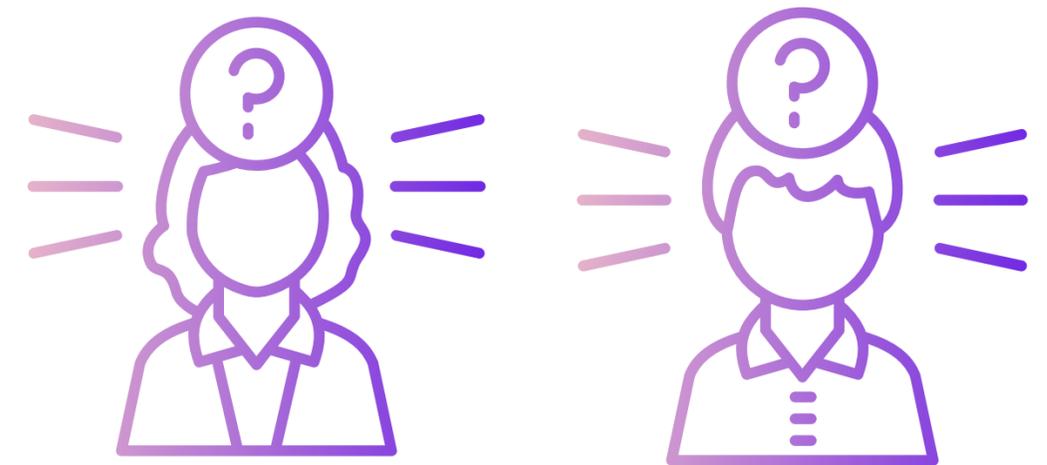
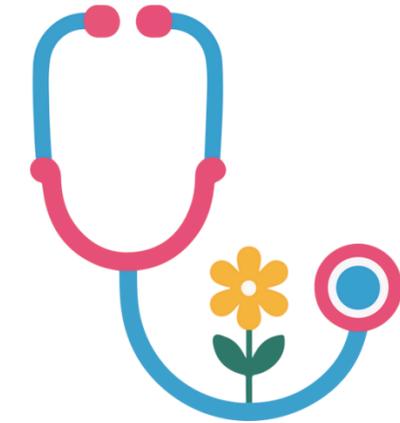
It means knowing what is normal for you and noticing when something changes.



1.1 Awareness about health self-knowledge

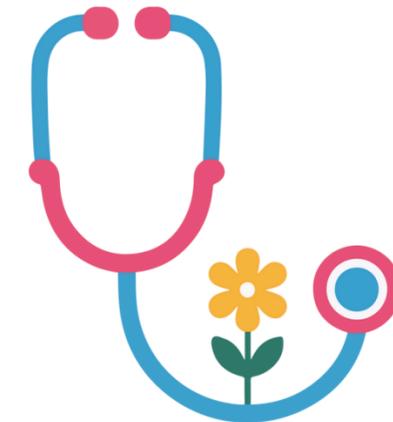
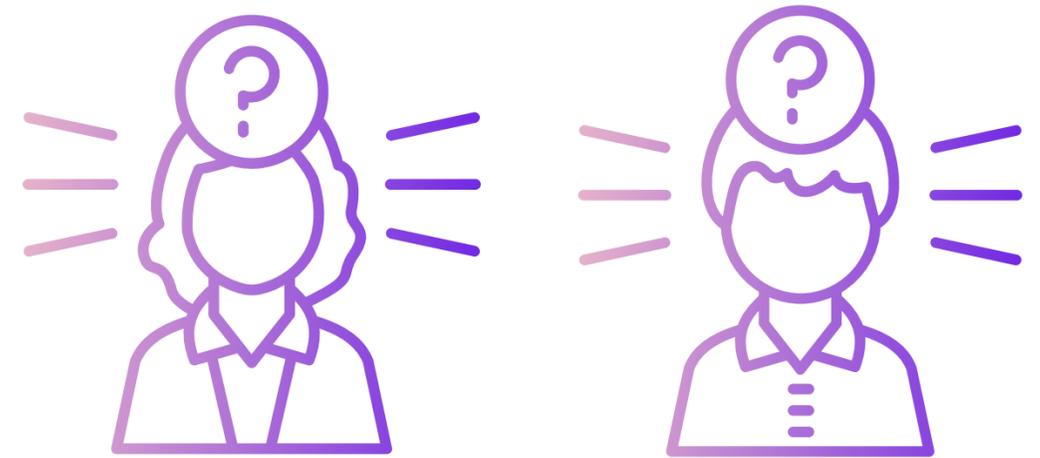
It is important because it helps you notice when something changes.

If you know your body, you can tell when you feel pain or discomfort.



This helps you ask for help sooner and get the right care.

Good self-knowledge can prevent serious health problems.

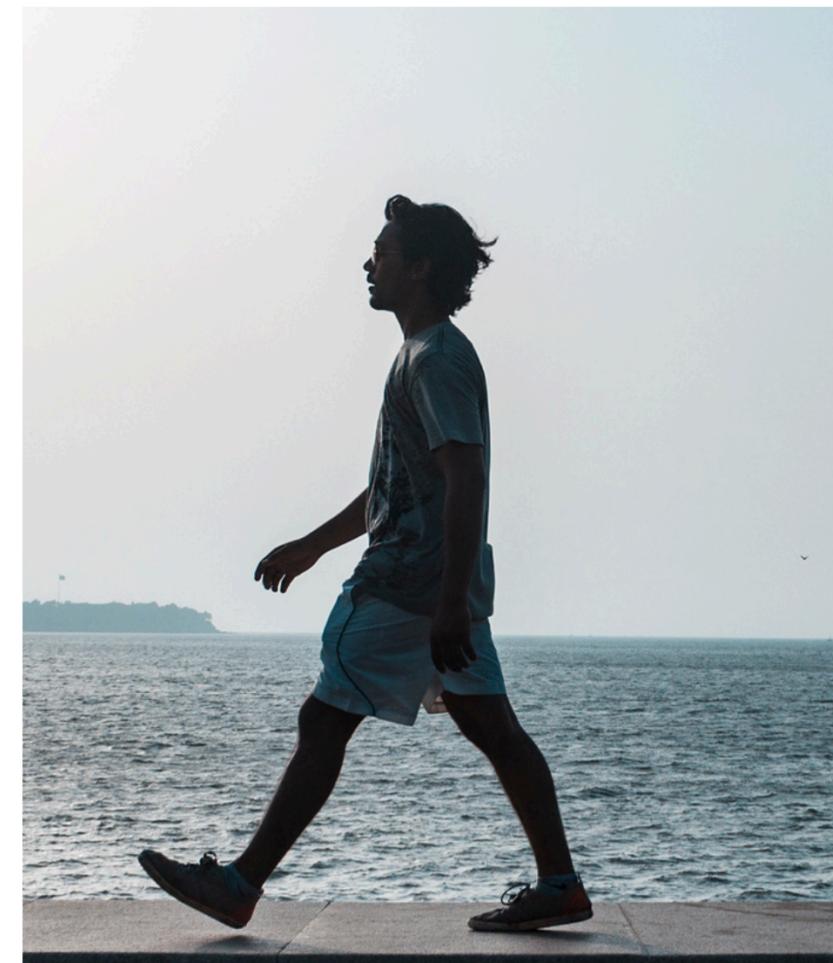


How can you improve your health self-knowledge?

Learning about your Body and Mind.

To stay healthy,

it is good to know how your body and mind feel.



How can you improve your health self-knowledge?

You can do this by:

- Paying attention: Notice how you feel right now.
- Writing it down: Use a diary to track your day.
- Checking your habits:
See how you feel after you eat, sleep, or exercise.



How can you improve your health self-knowledge?

This can help you to:

- Stay safe: You will notice quickly if you feel sick.
- Understand feelings: You will learn what makes you happy or sad.
- Make good choices: You can choose things that make you feel your best.



Remember:

Good health self-knowledge helps you stay well and feel better.

On the next page you will find a short test to find out if you know yourself well to start taking better care of your own health.



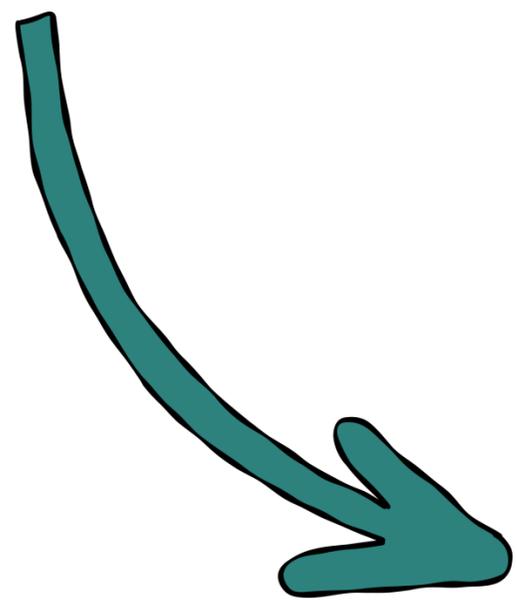
**How's your ability to
manage your health?**

Do you think you can do it?



1.1 Awareness about health self-knowledge

Let's try to find out by reading the examples and answering out loud what you think your situation is



Knowledge
about medicines and preventive health.

Examples:

- Knowing which medications I should take and when.
- Do not self-medicate.
- Avoid things that can harm me.

- I think I can do it
- I don't think I'm capable
- I can do it, but I need support



Ability
to make changes in my lifestyle and participate in decisions to take care of my health

Examples:

- If the doctor tells me I have to go on a diet, I have to follow it every day.
- To have a healthy lifestyle.
- Being aware that to be well I have to take care of myself.

- I think I can do it
- I don't think I'm capable
- I can do it, but I need support



Trust
to contact my doctor and follow their instructions

Examples:

- Write down what I need to ask the doctor before going to the appointment.
- Ask him/her everything that worries me, without being ashamed.
 - If he/she gives me a treatment or a recommendation, I will follow it.

- I think I can do it
- I don't think I'm capable
- I can do it, but I need support

You also have a printable version of the test available, in case you prefer to take it on paper.

How's your ability to manage your health? Do you think you can do it? 1.1 Awareness about health self-knowledge

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about medicines and preventive health.

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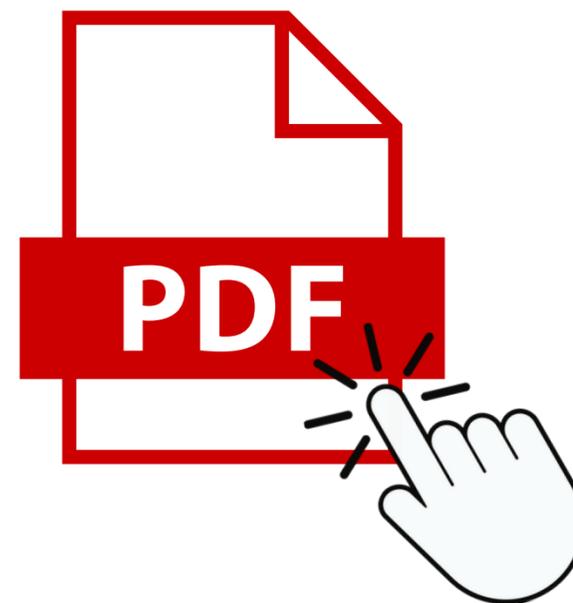
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Examples:

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Group discussion

The trainees talk about health self-knowledge according to the previous presentation.

- Do you think you can improve your knowledge of your body and mind?

How?

- What aspects of your health can you take care of?

Physical activity, food, doctor visits,...

Other?

You can share your personal experience by raising their hands to participate.



Video

We're going to see some influencers who will talk to us about this topic.

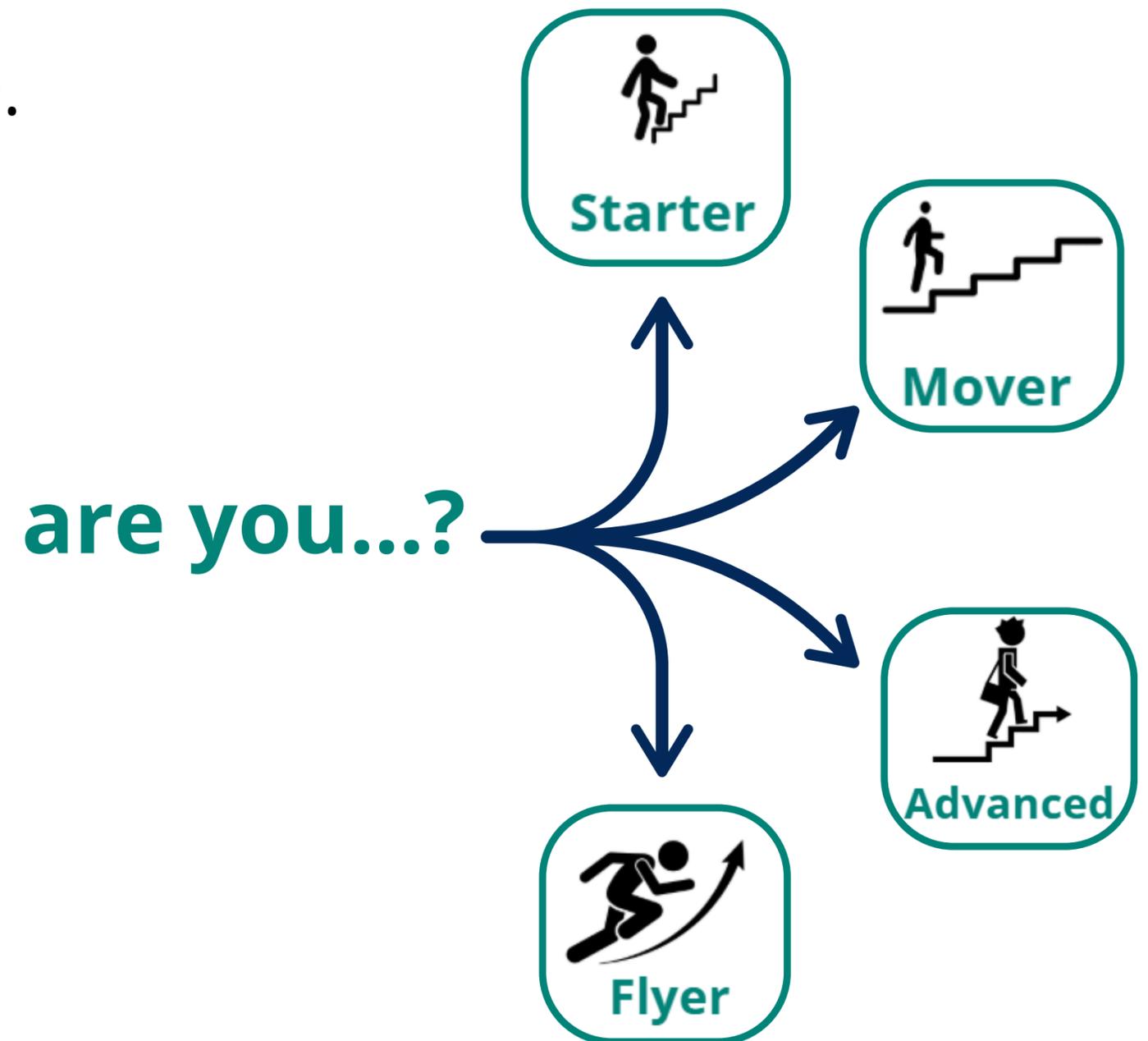
Stay tuned for the video!



Practical activity: THE CHECKLIST GAME

Now, we'll take a test to see if you have a good level of self-knowledge. This test should be taken individually. If you need support, ask for it.

When you've finished, count how many questions you answered "yes" to and you will know your **level**.



Practical activity: THE CHECKLIST GAME

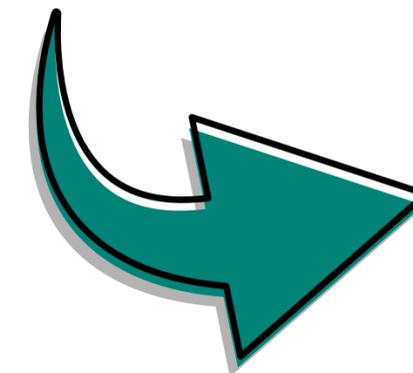
DIGITAL VERSION

Fill in the form in your computer, tablet or mobile phone.

[click here](#)



or scan the
QR code

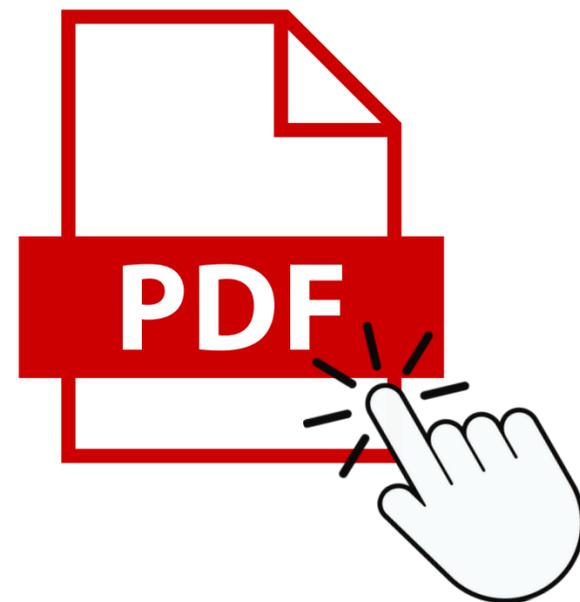


Practical activity: THE CHECKLIST GAME

PRINTABLE VERSION

You can also fill the form in paper.

Print the document and take a pencil!

A tilted image of the 'THE CHECKLIST GAME' form. The form has a header with the ID Health logo, the website 'www.id-health.eu', and the title 'THE CHECKLIST GAME'. Below the title is the subtitle 'Let's check if you have a good knowledge of how to take care of your health' and a clipboard icon. The form is a table with columns for 'QUESTION', 'YES', and 'NO'. It contains ten rows of health-related questions, each with a small icon. A large yellow pencil is drawn over the bottom right corner of the form.

	QUESTION	YES	NO
	Do you visit the dentist at least once a year?		
	When you feel sick, do you tell your relatives so they can help you?		
	Do you exercise regularly?		
	Do you eat fruit and vegetables every day?		
	Do you make your own doctor's appointments?		
	Did you know that you can make an appointment with the doctor online?		
	Do you always know when you have to take your medicine?		
	You know what to do if a colleague gets nervous or anxious?		
	Do you have any apps on your phone that help you manage your health?		
	Have you ever been vaccinated for flu or COVID?		

Conclusions

Self-knowledge is important because...

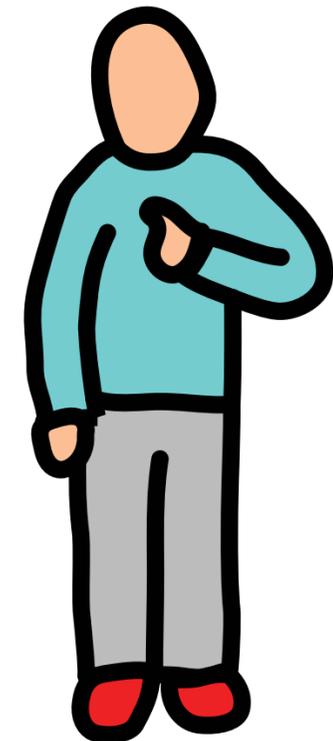
The more you know yourself,
the more you will understand
the signals from your body
and your emotions.



Conclusions

What means awareness about health self-knowledge?

Health self-knowledge is the awareness of one's own physical and emotional conditions.



Conclusions

What can improve this in my life?

Self-knowledge helps me make informed decisions about health and to manage emotions and behavior.



Conclusions

What can we do to take care of our health?

Each of us is capable of taking care of many aspects of our health:

- Nutrition
- Physical condition
- Awareness about medical visits and treatments
- Other?



Conclusions: Group reflection

Based on what we have seen and discussed before:

- Do you think you have a good level of self-knowledge?
- Do you think it is important to have a good self-knowledge?
- How can we improve our level of self-knowledge?



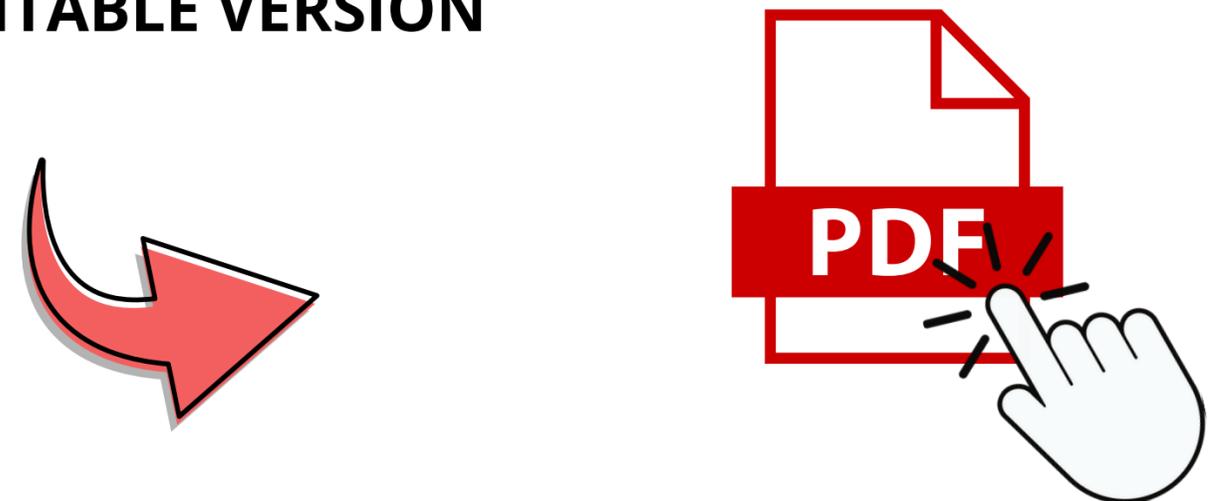
Evaluation

This is a simple test,
just 4 questions
to check if you've grasped
the essential concepts

DIGITAL VERSION



PRINTABLE VERSION



That's all for today

Wait....!!!

You have some homework to do....

Find out **what your name means**,
you'll explain it to us
in the next session.

Clue: Ask your family members,
search on the internet.....

