



Topic 1 : Health management

TRAINING ACTIVITY 1 - SESSION 1

1.1 Awareness about health self-knowledge



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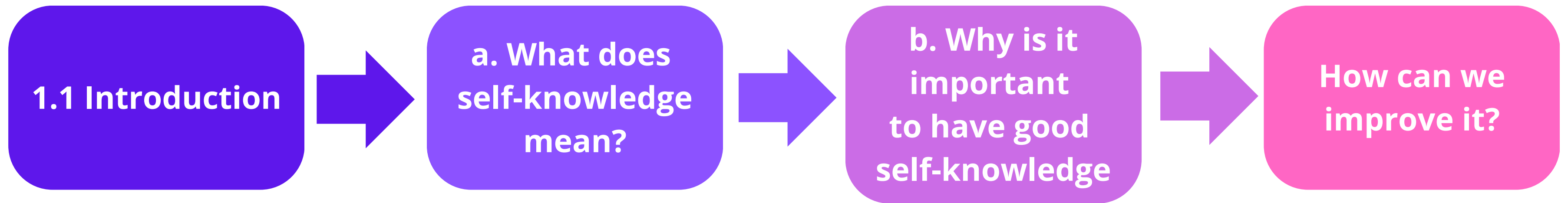
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TOPIC 1: Health management

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

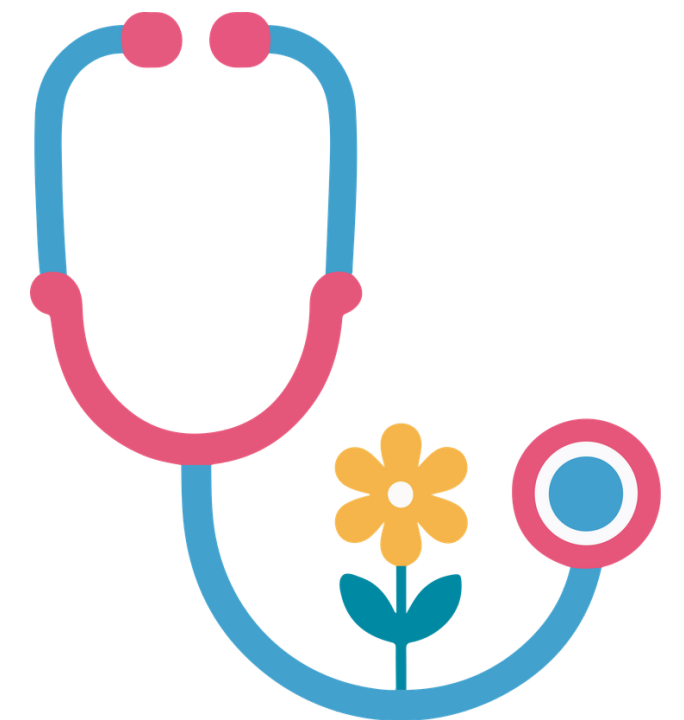


Presentation of the topic

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?

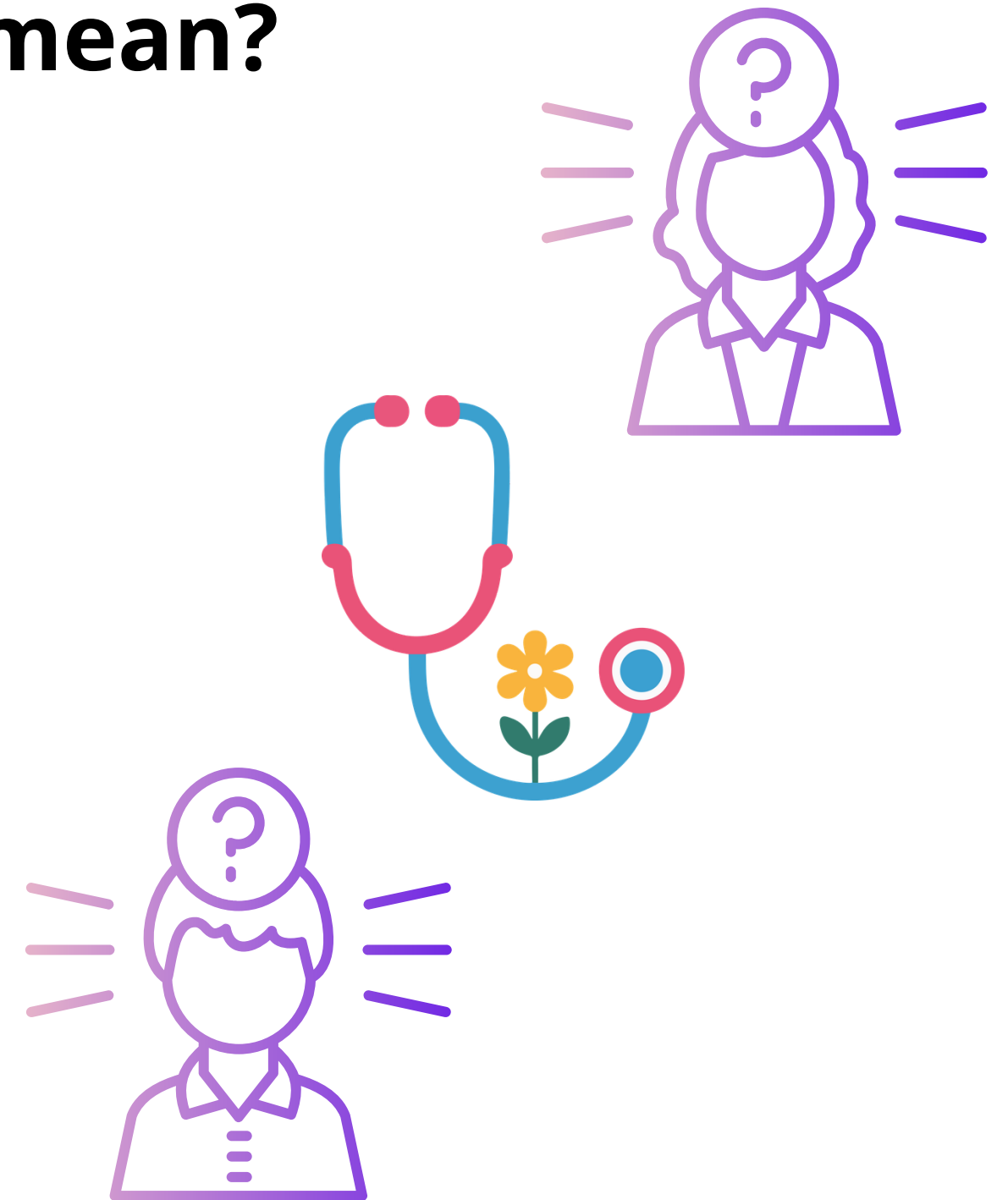
Self-knowledge means knowing yourself well.



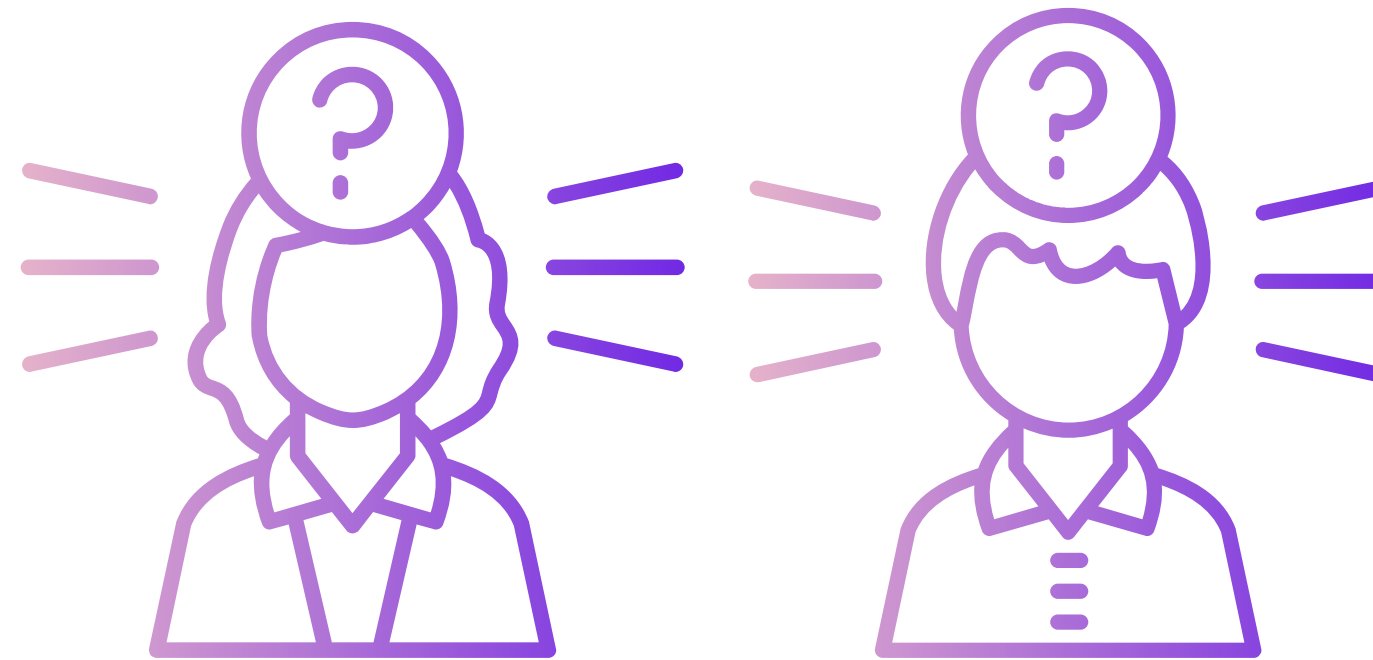
And what does health self-knowledge mean?

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

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



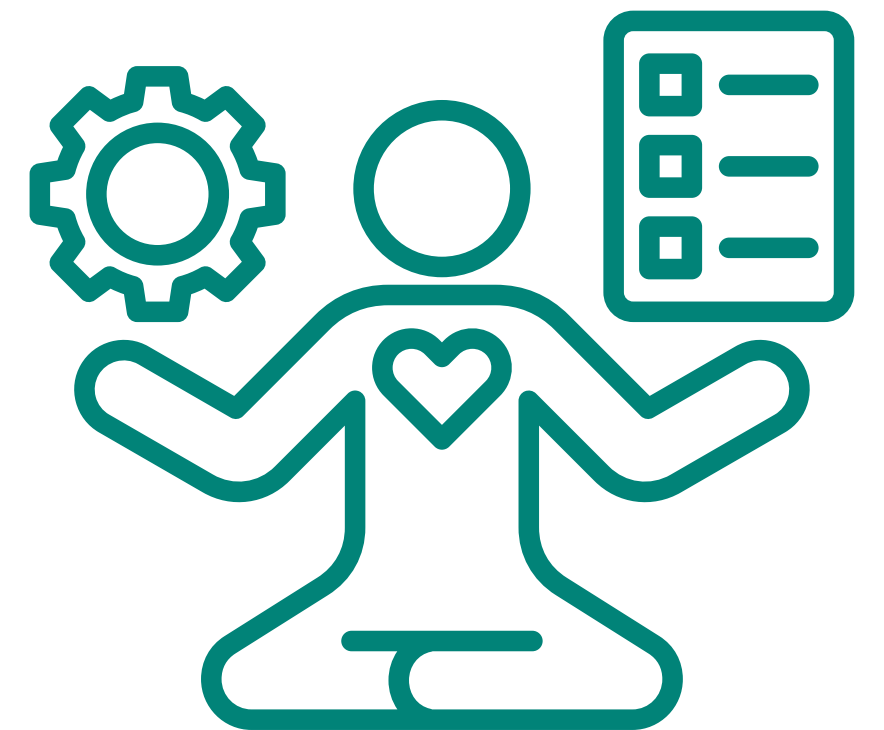
To take care of our own health, we need **self-knowledge**.



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

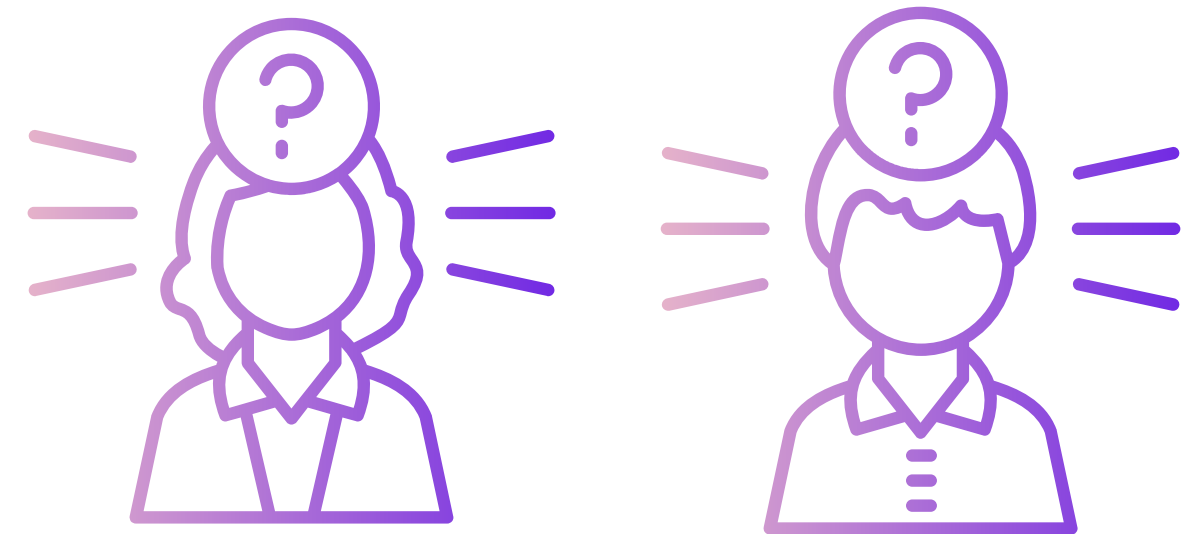
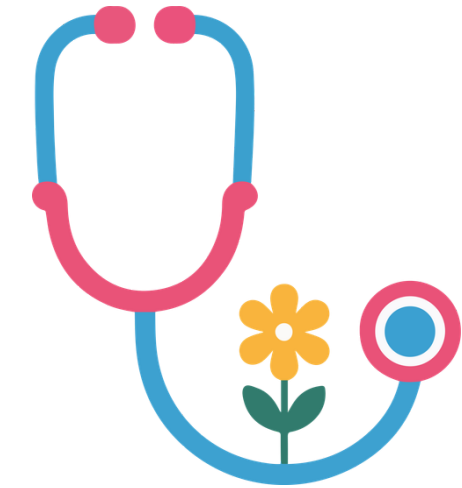
Managing your health means looking after your body and mind every day.

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



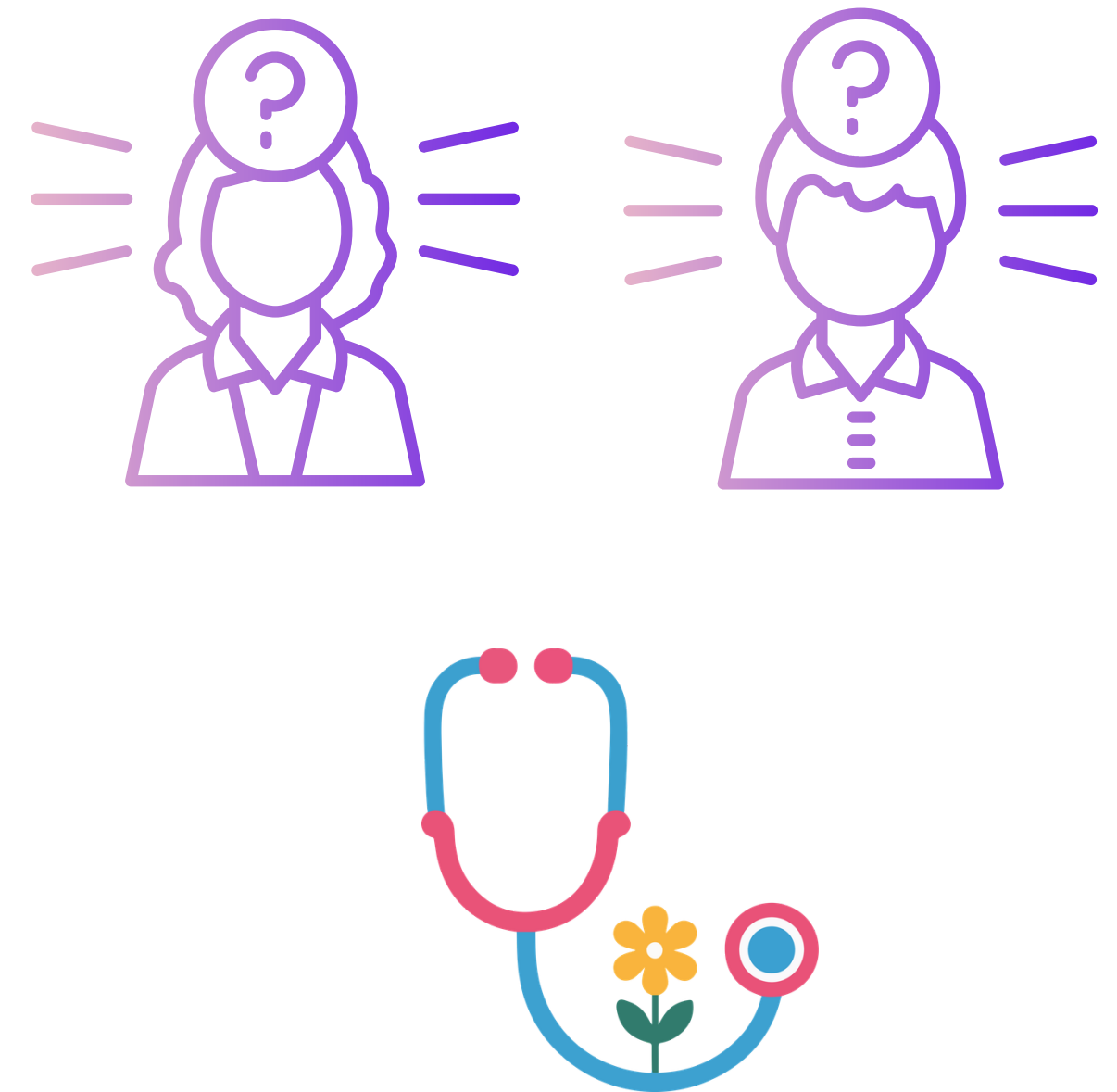
It is important because it helps you notice when something changes.

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.



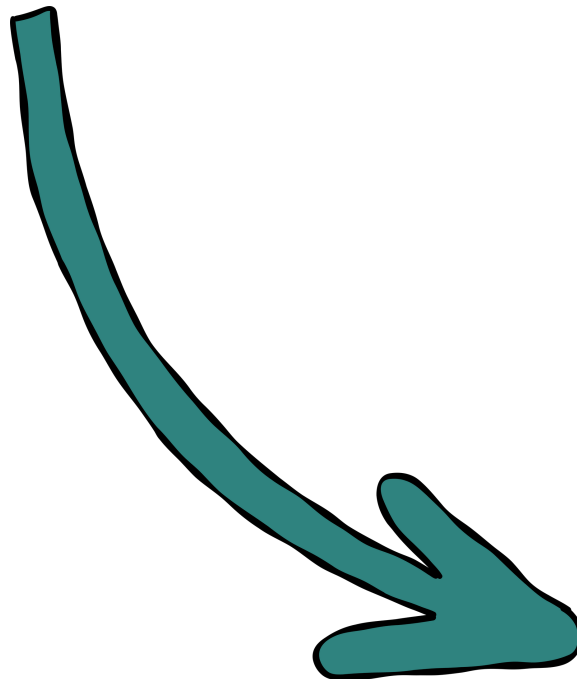
**How's your ability to
manage your health?**

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

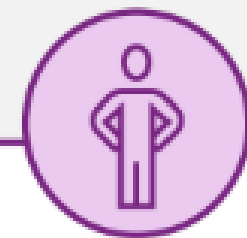


Ability
to make changes in my lifestyle and participate in decisions to take care of my health

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

Conclusions

Self-knowledge is important because...

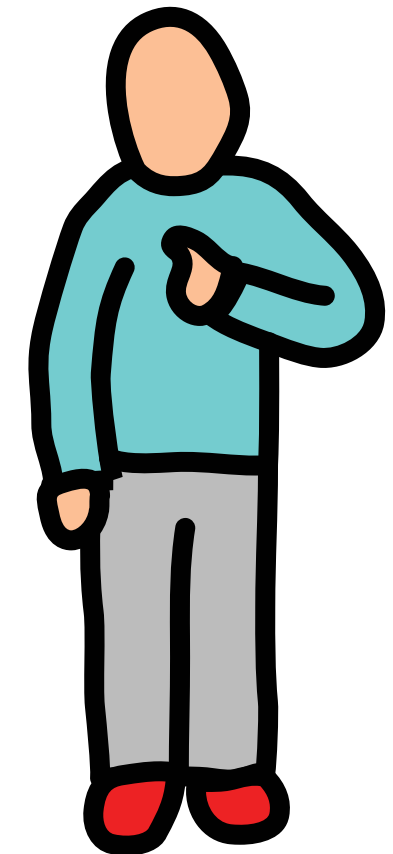
The more you know yourself,
the more you will understand
the signals from your body
and your emotions.



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

Proceed to the self-assessment test,
just 4 questions
to check if you've grasped
the essential concepts



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.....

