



# DIMENSIONS OF HEALTH

**Mental health** has to do with how a person thinks, feels and acts as he or she copes with life. A person with good emotional health can feel, express and respond to a wide range of emotions in healthy ways and share those emotions.

**Physical health** has to do with the body. When a person has good physical health the body feels well and strong, and all parts of the body work the way that they should!

**Social health** has to do with your relationships with others. People with good social health can connect with and contribute to family, friends and the wider community.

**Spiritual health** has to do with how you find the meaning and purpose in your life. People with good spiritual health sense of something bigger than themselves and their own day-to-day lives.

Physical  
Mental  
Social  
Spiritual

Designed by Lara Butera, Cambridge Rindge and Latin School, Creative Design Program

Honorable Mention  
**Lara Butera**

# CRLS Dimensions of Health Poster Contest

**DIMENSIONS OF HEALTH**

MENTAL/EMOTIONAL  
PHYSICAL  
SPIRITUAL  
SOCIAL

CREATED BY KAYLA MOORE, CAMBRIDGE RINDGE AND LATIN, CREATIVE DESIGN PROGRAM

Honorable Mention  
**Kayla Moore**

**Dimensions Of Health**

**SOCIAL**  
Social health has to do with your relationships with others. People with good social health can connect with and contribute to family, friends and the wider community.

**SPIRITUAL**  
Spiritual health has to do with how you find meaning and purpose in your life. People with good spiritual health have a sense of something bigger than themselves and their own day-to-day lives.

**PHYSICAL**  
Physical health has to do with the body. When a person has good physical health the body feels well and strong, and all the parts of the body work the way they should.

**MENTAL AND EMOTIONAL**  
Mental health has to do with how a person thinks, feels and acts as he or she copes with life. A person with good emotional health can feel, express and respond to a wide range of emotions in healthy ways and share those emotions.

Anne Pierre, Cambridge Rindge & Latin, Creative Design

Honorable Mention  
**Anne Pierre**

**Dimensions of Health**

**Physical Health**  
Physical health has to do with the body. When a person has good physical health the body feels well and strong, and all the parts of the body work the way they should.

**Mental & Emotional Health**  
Mental health has to do with how a person thinks, feels and acts as he or she copes with life. A person with good emotional health can feel, express and respond to a wide range of emotions in healthy ways and share those emotions.

**Social Health**  
Social health has to do with your relationships with others. People with good social health can connect with and contribute to family, friends and the wider community.

**Spiritual Health**  
Spiritual health has to do with how you find meaning and purpose in your life. People with good spiritual health have a sense of something bigger than themselves and their own day-to-day lives.

Tyrell Moore, Cambridge Rindge and Latin, Creative Design

Honorable Mention  
**Tyrell Moore**