

**CREATIVE DESIGN**

imagine the possibilities.

**Design**

# CRLS Dimensions of Health Poster Contest

## DIMENSIONS OF HEALTH

**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.

**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.

**MENTAL / 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.

1st Place Winner  
**Jacob Brill-Weil**

**Mental & Emotional**  
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**Spiritual**  
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**Dimensions of Health**

2nd Place Winner  
**Phoebe Hyland**

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3rd Place Winner  
**Esmeralda Asprilla**

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4th Place Winner  
**Tyler Marcus**