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Chapter menu Resources Section 2 Health and Wellness Six Components of Health 4. Mental Health is the ability to recognize reality and cope with the demands of daily life. 5. Spiritual Health involves having spiritual direction and purpose. This includes living according to one's ethics, morals, and values. 6.

~~Chapter 1 Leading a Healthy Life~~

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Holt Lifetime Health - AbeBooks 52 CHAPTER 3 Self-Esteem and Mental Health The Development of Self-Esteem Self-esteem begins to develop the day you are born. Across your entire life, your level of self-esteem can vary. At one time, it may be high, and at a different time or in a different situation, it may be low.

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