

Activity 9



A Place to Begin: How do you manage your health?

What to do?

Check the statement that best applies to you.

Think about your health, your experiences, how you feel.

- I haven't been to a doctor in years. No need. I'm not sick.
- Something about my health has been bothering me lately.
- I try to keep on top of things. Get regular check ups, cancer screening tests, things like that.
- None of the above applies to me. Here's my situation.



Think About...

- Do you wait until you are sick before you do something about it? Or do you look into your health as soon as something doesn't feel right?
- Think of an example from your life. What was your experience?
- Can being a health advocate also mean taking care of your health before you get sick? How?

A Place for Your Notes:
