This class has taught me so much about the environment and myself. I have learned how to cope with day-to-day adventures. From heart disease to drug addiction. I have learned the following about eating disorders: The two likely factors in eating disorders are mental health and body image-related factors. Mental health risk factors can include anxiety, low self-esteem, depression, and trauma from childhood. Body image can include body dissatisfaction, being teased about weight, anorexia nervosa, etc. Both women and men have had a rise on eating disorders. I believe that the cause of this is that, both men and women face the hardships of life, such as not having a good diet or the nutrition that they need. I believe that both men and women binge-eat and this causes them to eat too much and give them lack of control over food. The other reason is anorexia nervosa this is the cause and fear of gaining weight. Anorexia nervosa causes people to use extreme measures to stay in shape and keep their weight. This significantly interferes with their health and life activities.

I have also learned that holistic health is important.  Two of the most prevalent health dimensions in my life right now are intellectual health and spiritual health. Firstly, Intellectual health can be found in various aspects of my life, which are, my education and my decision to learn a new language. My education within this class has been teaching me new ideas, and has given me access to different points of views. These new method of teachings have shown me different application techniques that I can use in my everyday life. Grasping new ideas takes practice and sometimes requires change. For example, as a first time college student, I have allocated time for reading and completing assignments on time. I have to make sure I have the resources to complete my assignments such as a full charged battery for my laptop and internet access. I have also dedicated time towards learning Spanish using my Duolingo app on my phone. I make sure I practice Spanish everyday and I am on a 32 day streak. That means I haven't missed a day since I first started learning Spanish in the app.

 Another aspect that is important to me is the physical health aspect of my life. I for-see the physical aspect gaining momentum and becoming more important as I age. Type 2 diabetes is very prevalent in my family. I do not want to get diabetes, so I try to exercise. Sometimes I do not have the time to make a healthy meal or meal prep for the week, but I think this aspect will become more important as time moves on.  I also want to live a long and healthy life for my family, and if I have children one day. I want to be around to raise my children and see them grow.