

My Health Impacts the People I Care About

The Ripple Effect

How would a change in your health affect other people? Looking at each category, write the names of the people that would be affected by each of these scenarios.

First, envision a scenario where you are bedridden for 2 weeks with a sprained ankle. What would be the effect on the people you care about?

Second, use another sheet to envision how these same groups and individuals would be impacted if you were to have an increase in health, like increased energy or better nutritional habits.

The diagram is a circular graphic divided into four quadrants, each representing a different group of people. In the center of the circle is a gold coin with the word "YOU" written on it, surrounded by a circular arrow. The quadrants are labeled as follows:

- Family** (top-left quadrant)
- Friends** (top-right quadrant)
- CoWorkers** (bottom-left quadrant)
- Community** (bottom-right quadrant)

Each quadrant contains several horizontal lines for writing. The quadrants are connected to empty rectangular boxes on the outside of the circle, which are intended for the user to write the names of the people affected by each scenario.

Source: https://www.huffingtonpost.com/2012/08/12/health-workplace-productivity-eating-nutrition-exercise_n_1752749.html