

1.1 Health and illness

absence	غياب
Adolescence	مرحلة المراهقة
Barrier	عائق أو مانع
chronic disease	(مرض مزمن) يستمر لـ 3 أشهر وأكثر
Communication	تواصل
development	تطوير
Diabetes	مرض السكري
Dimensions of healthy	الأبعاد الصحية
disease	مرض
Emotion	المشاعر
foetus	رضيع
Growth	النمو
Infant	طفل ما بين 0-2 سنة
mental	عقلي
Physical	جسدي
prevent	وقاية
Puberty	سن البلوغ
Relationship	علاقة
social	اجتماعي
Socio-economic	اجتماعي - اقتصادي
thoughts	فكرة

The World Health Organization (WHO) defines health as “a state of complete physical" (mental, well-being)

factors that can affect health (physical, emotional, mental, social well-being)

physical illness can affect mental health.

1.2 The dimensions of health

cancer	مرض السرطان
Domino effect	يؤثر كل منهم على الآخر
Fracture	كسر
function	وظيفة أو عمل
Gossip	نميمة
injurie	إصابة
Peer pressure	تقليد فعل الناس لكسب الاحترام
Rumours	شائعات
shortage	قلة أو نقص
Stress	توتر

Dimensions of healthy (physical, Mental, Social, Emotional)

Physical health * **ill-health** (diabetes, heart disease, cancer, fractures, injuries to the body)

social health: build and keep **relationships**, good **communication skills**

mental health * **brain functioning**

(how we think, feel and act. It determines how we manage stress, deal with other people and our mood.)

Emotional health * feelings and emotions

barriers to health(weather, local healthcare facilities, Other people's behaviour, The food available)

Weather

nice weather --> feeling happy , very hot and humid --> exercise less.

Local healthcare facilities

hospital or emergency near you for getting the medical treatment

Other people's behaviour

damaging to mental health (spreading gossip or rumours)

Spreading rumours can lead to emotional, social and mental health problems

The food available

shortage of food available may lead to physical illnesses, as well as mental and emotional illness.

1.3 Physical health

damage	ضرر مثل الإصابة
Hydrate	ترطيب الجسم بشرب الماء
Impact	تؤثر
moderate intensity	(نشاط ذو كثافة معتدلة) تمارين, ركوب الدراجة
Vigorous activity	(..نشاط كثيف) ركض, رفع أثقال, نط حبل

physical health * how body works

Physical health can have an impact on social, mental and emotional health.

To improve physical health

Eat a healthy balanced diet

Do enough physical activity * help to reduce risk of developing certain diseases & help manage illness & improve mental and emotional health.

Adults should do at least 75 minutes of vigorous more intense) activity per week, or at least 150 minutes of moderate-intensity activity per week.

Stay hydrated * to give water or moisture to the body

* helps the body's cells to function (work)

* Our bodies are made up of approximately 60% water

Avoid harmful substances

Caffeine should only be consumed in moderation (small amounts).

Keep a healthy body weight * depends on a

person's age, gender and height.

factors that affect our weight (diet, physical activity, family history and genetics)

Get enough sleep * should take place in a quiet and dark place.

* get 7-9 hours of sleep every night.

factors that lead to poor quality sleep (caffeine, smoking, lack of physical activity, stress, High-calorie food before bed, Using electronic devices before bed, Hormonal changes)

1.4 Social health

self-esteem	احترام الذات والرضا بها
Sense	الاحساس

Social health * how well people build relationships or friendships with other people

* Good relationships should include strong communication, caring for others and a sense of responsibility.

to improve social health

~ spending time with friends & family.

~ enjoying in spent with others.

~ keeping positive.

~ keeping positive relationships & ending negative relationships.

benefits from having strong relationships

Building and keeping relationships

to develop relationships & keep social health

1. Give your time, effort & energy to conversations with peoples.

2. Have a good level of self-esteem.

3. Be yourself. Being true to yourself

Good communication

The person must understand the received message for communication to work.

the words that you use, and how you use them (for example, body language and tone of voice) are very important.

1.5 Mental health

anxiety	قلق
Autism	التوحد
Bipolar disorder	اضطراب ثنائي القطب
bully	تنمر
Dementia	الخرف
disability	العجز او الشلل
Disorder	اضطراب
Imbalance	اختلال التوازن
interaction	تفاعل
Isolation	عزلة
opportunity	فرصة
Particular characteristic	خاصية معينة
Realize	ادراك
refusing	رفض
Self-doubt	شك ذاتي
shame	العار أو الخجل
Violence	عنف

Mental health * relating to the brain and how well it works.

Common mental health disorders (Depression , Bipolar disorder , Anxiety disorders , Eating disorders , Dementia , Developmental disorders (for example autism)

Causes of mental health disorders

Biological factors (family history of mental illness , having a chemical imbalance in brain)

Psychological factors(influenced by experiences during childhood , factors impact someone personality)

Social factors (things that happen to a person's environment in relationships)

Stigma * when someone sees you (يراك) in a negative way because of a particular characteristic

*like skin colour, disability, mental illness

Discrimination *when someone treats you (يعاملك) in a negative way because of a particular characteristic

!!! stigma and discrimination they experience can make their problems worse & harder to recover and leads to avoid getting the help they need

effects of stigma

1. feelings of shame, hopelessness, isolation
2. Refusing to ask for help or to get treatment
3. lack of understanding by others
4. fewer opportunities for employment or social interaction
5. bullying or physical violence
6. self-doubt - the belief that you will never recover from illness or be able to achieve what you want in life.

to stop the stigma

1. Don't let fear of being labeled with a mental illness stop you from getting help.
2. Mental illness is not a sign of weakness, not something you can deal with alone. Talk about it with healthcare professionals.
3. Reach out to people you trust. They can give you the support that you need.
4. Connect with others who feel the same way as you. This can help you to realize that you are not alone in your feelings.
5. Remember that other people's judgments come from a lack of understanding of mental health. Do not believe that their views reflect you personally.

1.6 Emotional health

mindful	اليقظة الذهنية
Exhaustion	إنهاك - تعب شديد
Journal	يوميات
meditation	تأمل
Mindful	اليقظة الذهنية
self-esteem	احترام الذات

The importance of emotional health

Stronger relationships : have skills to manage your emotions makes connect with people easier

higher self-esteem : your thoughts, feelings and experiences will change the way you feel about yourself

more energy : positivity makes you feel energised & helps you to focus & think clearly

poor emotional health can cause exhaustion.

How to improve emotional health

practise emotional health

ways to regulate your emotions:

Meditation Listening to music Talking to friend or family member Writing journal
Reading book breathing exercises Doing yoga

Exercise

* **physical activity** can improve your emotional and physical health

* 15-minute **walk**, can **help to clear the negative thoughts**

Strengthen connections * spending time with family and friends

Be mindful = better emotional health

focusing on one thing at a time

stop using your phone or social media for a while

taking a mental break from your studies to do some practical tasks (**for a few minutes**)

1.7 Human growth and development

alveoli	الحويصلات الهوائية
Breasts	الثديين
Hips	وركين
menstruation cycle	دورة الحيض
Muscle	عضلة
liver	كبد
Lungs	رئتين
Minor illness	مرض بسيط
pregnancy	الحمل
Puberty	البلوغ
pubic	عانة
Secretes	يفرز
Stethoscope	سماعة الطبيب

Human development is a process that happens continuously throughout life.

life cycle stages:

foetal development	(نمو الجنين) (لم يولد بعد)
infancy	طفل قبل عمر 1 سنة
childhood	مرحلة الطفولة
adolescence	المراهقة
adulthood	مرحلة البلوغ
older adulthood	سن الرشد

embryo (مضغة) --> foetus

The foetal development stage starts around 10 weeks into pregnancy.

Foetal development

An infant's weight normally doubles in the first six months and triples by the age of one year old.

Brain development is very fast

develop motor skills

weeks of pregnancy	Foetal development
13-16	The foetus will start to move; muscles develop, liver and pancreas secretes hormones and enzymes.
14	Develop male or female physical characteristics.
19	Heartbeat can be heard with a stethoscope.
23	Lungs and alveoli develop, the nervous system starts to function.
31	Tissues and body systems are present, and growth & development occur until birth.
36-40	Foetus is ready to be born.

two stages within childhood (early childhood (2-6years), older childhood (7-11years))

two categories of motor skills (gross, fine motor skills)

Gross motor skills use **large body movements** (running, jumping, skipping, throwing and balancing...)

Fine motor skills use **small body movements** (writing, drawing and tying shoelaces...)

* **gross motor skills develop** a lot **quicker than fine motor skills**

Children get tall **5-7cm** per year

things impact growth (gender, disease, diet, and genetics)

In early childhood, children lose some body fat.

Minor illnesses & **Accidental injuries** can be common in early childhood as their **body systems are not fully developed** & **they like to explore things**

physical changes experienced during adolescence

Boys	Girls
Grow taller	Grow taller
Voice gets deeper	Hips become wider
Skin gets oily	Breasts develop
Facial and body hair grows	Menstruation cycle starts (periods)
Pubic hair grows	Pubic hair grows

puberty general it lasts around **six years**

Girls normally begin puberty before boys.

It is common for **adolescents** to **feel depressed** or have an **eating disorder** because they trying to get used to the **chemical and physical changes** that are happening to their bodies.