

# HEALTH AND WELLNESS

"If wealth is lost ,nothing is lost ..if HEALTH is lost,something is lost..but if character is lost , everything is lost."

According to WHO ,"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Health is an abstract thing to define but it can be observed in terms of physical strength of the body, mental state of a person and also the behaviour of a person with his family ,friends and society .

There are various factors on which our health is affected - may be environmental factors , emotional factors,food habits,sleep cycle ,exercising patterns.etc ..many more to list out.

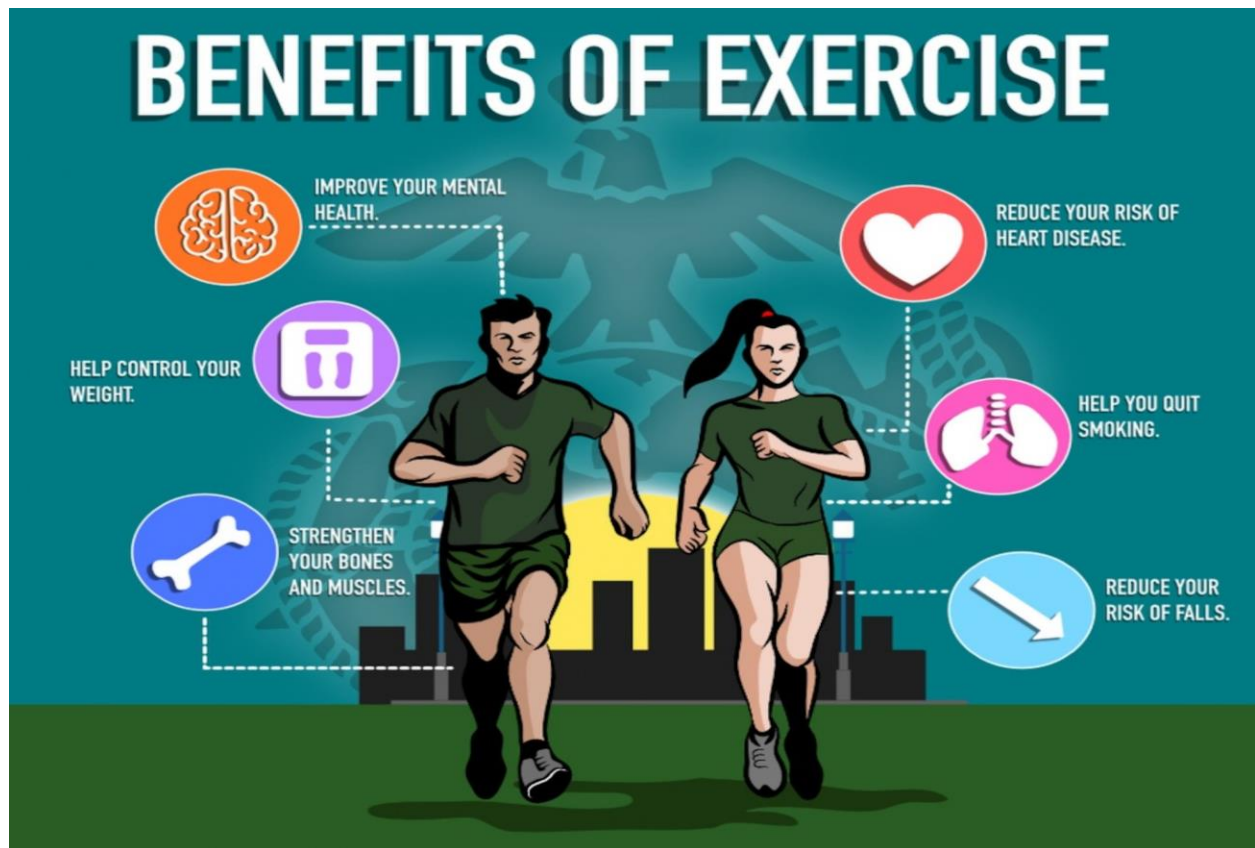


# CRITERIA - TO BE CALLED "HEALTHY MAN"

## 1. PHYSICAL FITNESS-

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.



## 2.MENTAL STABILITY

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle [stress](#), relate to others, and make choices. Mental health is important at every stage of life, from [childhood](#) and [adolescence](#) through adulthood and [aging](#).

### **Why is mental health important?**

Mental health is important because it can help you to:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

Your mental health is also important because it can affect your physical health.



### 3.EMOTIONAL BALANCE

Emotional balance is a state of being aware of our emotions enough to manage them in a way that is gentle, honest, and wise. Emotional balance comes from having emotional intelligence combined with a trained mind that's able to notice and respond to emotions when they arise.



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## 4.SEXUAL HEALTH

According to the current working definition, sexual health is:

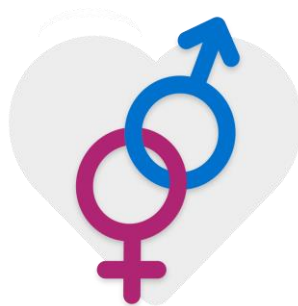
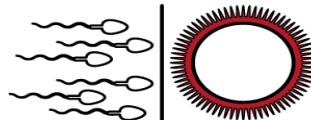
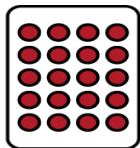
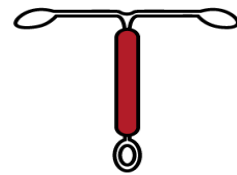
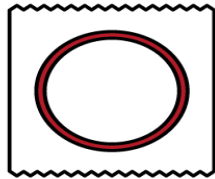
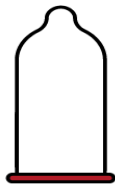
“...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

### **Sexuality**

Sexual health cannot be defined, understood or made operational without a broad consideration of sexuality, which underlies important behaviours and outcomes related to sexual health. The working definition of sexuality is:

“...a central aspect of being human throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors.”





## 5. GOOD HABITS

- Brushing your teeth twice a day
- Having good amount of exercise regularly
- Maintaining personal hygiene
- Proper sleep pattern ie.8hrs of sleep .SLEEP WELL
- Early to bed and early to rise makes man healthy, wealthy and wise.
- Having nutritious food – 3 meals a day.
- An apple a day keeps doctor away.
- Balanced diet
- Thinking positive and being hopeful in all situations.
- Seeking happiness in all aspects
- Optimistic behaviour towards learning.
- Treating fellow mates with love and affection.
- Don't smoke
- Have plenty of water
- Learn something new
- Go offline
- Stay cool ,calm and confident
- Plan your day



# GOOD HABITS (Chart)



Brush your teeth  
twice daily.



Drink clean water.



Comb your hair.



Take a bath every day.



Keep food covered.



Eat green vegetables  
and fruits.



Eat fresh food.



Wear clean clothes.



Wash raw vegetables and  
fruits before eating.



Wash your hands before  
and after meals.



Clean your ears with  
ear buds.



Use a handkerchief  
when you sneeze.



Be kind to your  
environment.



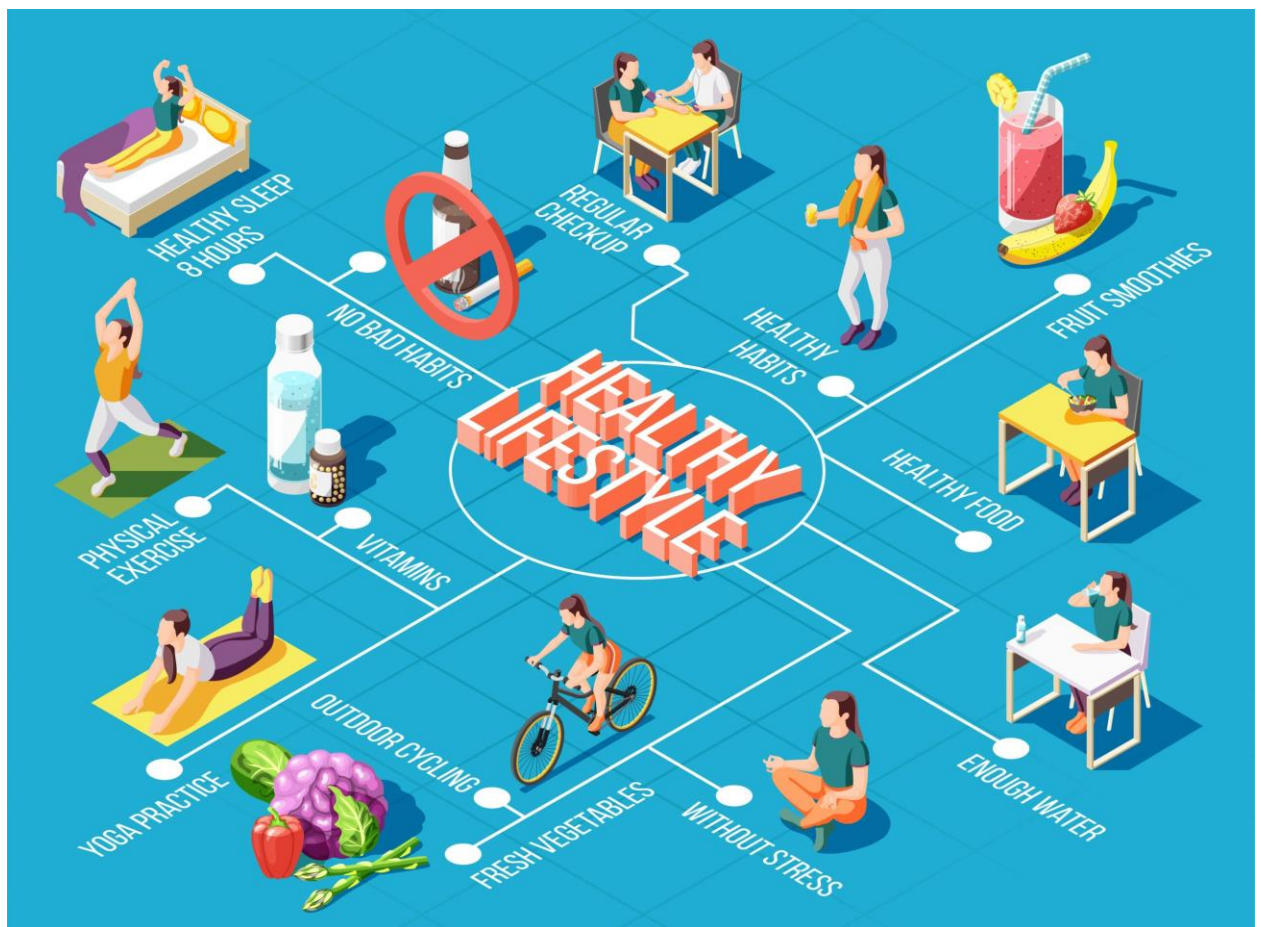
Do not eat food dropped  
on the floor.



Trim your nails  
regularly.



Avoid uncovered food.



## A heart-shaped collage of colorful icons representing health and fitness. The icons include two bicycles (one brown, one purple), various fruits like strawberries, bananas, apples, and grapes, vegetables like carrots, broccoli, and onions, sports equipment like a tennis racket, a basketball, a football, a tennis ball, a badminton racket, a soccer ball, and roller skates, and medical symbols like a heart rate monitor, a scale, a measuring tape, and a dumbbell. The entire collage is set against a white background.

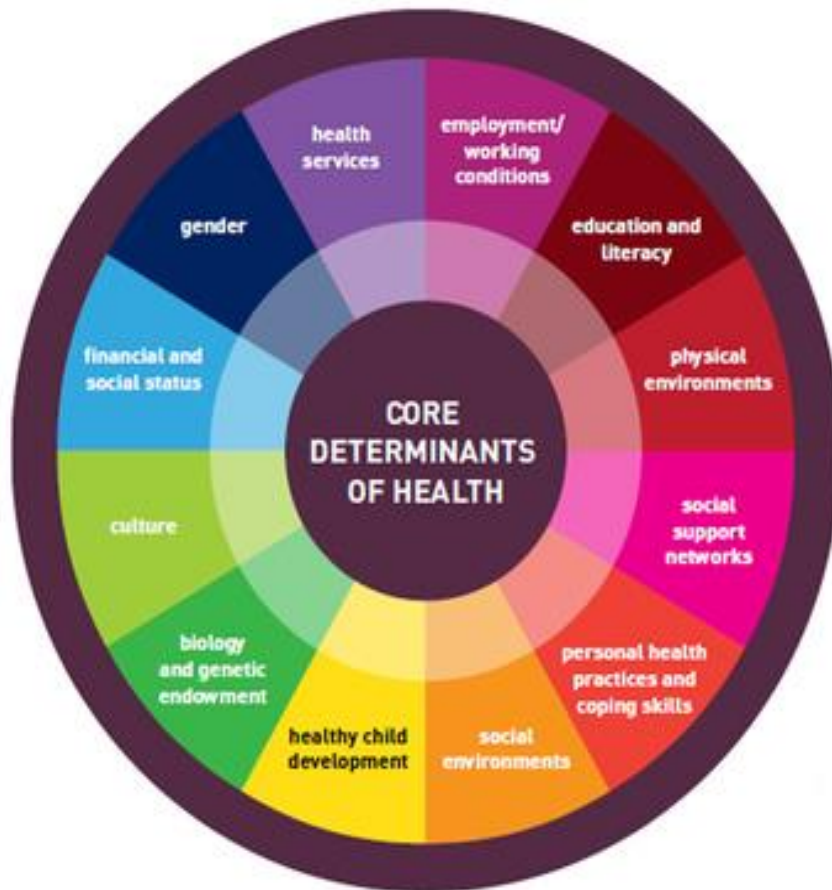




There are many factors that influence our health. These are called determinants of health. One kind of determinant of health is what is in our genes and our biology. Another determinant is our individual behavior. This could include whether we smoke, exercise, or eat a balanced diet. Many people assume that their health is a result of their genes, their behaviors, and how often they get sick or go to the doctor. But it's not just how you live that determines how healthy you are. Social and physical environments have a big impact on our health, too. These are called social determinants of health.

- ***Individual factors***
- ***Environmental factors***
- ***Family background –inheritance of genes***
- ***Childhood nourishment***
- ***Lifestyle and habits***
- ***Access to food ,water and other facilities***
- ***Proper medical facilities-vaccinations taken***
- ***Assistance given on mental behaviour***
- ***Co ordination between body,mind,work***
- ***Social factors***

- *Physiological and cultural factors*
- *Quality of emotions*
- *Decisions we make*
- *Immunity of an individual to resist diseases*
- *Personal hygiene*
- *Education and financial conditions*
- *Daily routine and daily activities*



# **Procedure change of behaviour**

## **The 6 stages of behavior change**

### **1. Precontemplation stage**

At this stage, people are not yet aware of the negative behavior they need to change.

They don't see their behavior as a problem and aren't interested in getting help.

They may become defensive if someone pressures them to change. They also avoid speaking, reading, or thinking about it.

They may also absorb information about this problem from family, friends, or the media, but won't take action until they see it as problematic.

### **2. Contemplation stage**

At this stage, people are aware of the negative consequences or problems. But they're not yet ready to change their unhealthy behavior.

They do start thinking about it, however. They know it's necessary to change but aren't ready.

They might weigh the pros and cons and whether the long-term benefits outweigh the short-term effort.

This stage can last a few days or an entire lifetime, depending on the individual.

### **3. Preparation or determination stage**

This is the phase when a person is ready to make a change. They become committed to changing and motivated to take the necessary steps.

They read, talk, and gather information about the problem.

The preparation stage is crucial to the success of behavior change. Skipping this stage can drastically decrease your chances of success.



## **4. Action stage**

At this stage, people use the strategies they learned in the previous phase to start a new, healthy behavior.

This takes willpower, and there is a high risk of failure and slipping back into old behavior and habits.

It can help to avoid external temptation and set rewards for achieving intermediate goals.

The support of others is also essential at this stage.

## **5. Maintenance stage**

In this stage, people have made progress and realized the benefits of changing.

They understand that maintaining change will require effort, but they are aware of its value.

They create strategies to prevent relapse until the new habit becomes familiar and natural.

## **6. Relapse stage**

This stage is when people slip back into their old behaviors and habits.

Relapsing is a normal part of the process of change.

The key is to identify the trigger that caused the failure and look for new and better strategies for dealing with it.

Bearing in mind the benefits of the change helps regain motivation when restarting the stages of change model.



Chemical  
change



Structural  
change



Functional  
change

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