



Says

What have we heard them say?
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

Four distinct conceptions of health emerged from responses to the 'how do you know' question: physical, psychosocial, capacity, and control

The improvement of health through the prevention, diagnosis, treatment, amelioration, or cure of disease, illness, injury, and other physical and mental impairments in people.

Many people think of primary care, outpatient care, and emergency care when they need an illness managed or are generally not feeling well.

CONCEPT OF HEALTH
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Health is a common theme in most cultures. All communities have their concept of health, as a part of their culture. Oldest definition of health in all communities is 'absence of disease'.

BIOMEDICAL CONCEPT
Traditionally, health has been viewed as an 'absence of disease', and if one was free from disease then the person was considered healthy. this is 'biomedical concept'

PSYCHOSOCIAL CONCEPT
DEVELOPMENTS IN THE FIELD OF SOCILA SCIENCES REVEALED THAT HEALTH IS NOT ONLY A BIOMEDICAL PHENOMENON, BUT ONE WHICH IS INFLUENCED BY SOCIAL PSYCHOLOGICAL, CULTURAL, ECONOMIC& POLITICAL FACTORS OF PEOPLE CONCERNED



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Short summary of the persona

Mental health
Self-care for mental health encompasses everything a person does to keep a healthy relationship with their mind. These include activities that keep the mind focused and engaged, like brain-stimulating activities.

Emotional self-care
A person needs to learn how to acknowledge and regulate emotions as they arise and healthily process them. Emotional self-care can help individuals navigate their feelings, increase empathy, and learn coping mechanisms to deal with difficult emotions.

A 2016 study. on self-care practices of college students found that practices like sleep hygiene and food habits are positively associated with student engagement, persistence, and performance.

FEELING SELFISH OR GUILTY
Many people worry about being perceived as selfish if they practice self-care. People may feel compelled to use their time for others instead of self-care, particularly those in caring professions or with caring responsibilities.

1 in 5 of the world's population are now living in humanitarian crises, in which health systems are challenged to deliver essential services. Self-care interventions are tools which support hte ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a helath worker.

Self-care doesn't look the same for everyone, however. Your go to approach for managing stress may not help your best friend. And even partners in close, healthy relationships tend to have different needs for things like companionship, exercise, and leisure time.



Does

What behavior have we observed?
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?