***Design hackathon***

* ***Health and Well-being:-***
* Physical health is a state of bodily well-being. You are free from illness, injury, or [invisible illness](https://www.betterup.com/blog/invisible-illness) like pain. You enjoy optimal functioning, strength, endurance, and general vitality.
* Mental health is your emotional, psychological, and social well-being. It affects your thoughts, feelings, and behaviors. It can impact your ability to [make enough money](https://www.betterup.com/blog/mental-health-and-money) to live comfortably, forge friendships, and reach goals. [Mental health awareness](https://www.betterup.com/blog/mental-health-awareness) is vital for personal functioning, social experience, and coping with [chronic stress](https://www.betterup.com/blog/chronic-stress).
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* [Environmental health](https://www.betterup.com/blog/environmental-health) focuses on the conditions and factors around you. Environmental factors include air and water quality, safe housing, and radiation protection.
* Occupational health focuses on preventing workplace illnesses and injuries. It requires safe work environments, freedom from hazards, and a sense of security and [psychological safety](https://www.betterup.com/blog/why-psychological-safety-at-work-matters). Beyond individual occupational health, poor mental health support often affects teams (although [poor well-being isn’t contagious](https://www.betterup.com/blog/is-poor-mental-health-and-well-being-contagious).)
* Spiritual health means possessing a sense of meaning, [purpose](https://www.betterup.com/blog/finding-purpose), and connection. It may present as [inner peace](https://www.betterup.com/blog/how-to-find-inner-peace), resilience, compassion (including [self-compassion](https://www.betterup.com/blog/self-compassion)), or internal harmony. For some, it may involve religion but can also arise from a [human connection](https://www.betterup.com/blog/human-connection) and harmony with the world around you.