

CELEN048 Reading and Writing in Academic Contexts
Individual Writing Assignment: Semester 1 AY 2022-23

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Describe two lifestyle practices that can positively affect individual wellbeing

Student Name:

ID: 20513997

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Many people are actively looking for ways to improve and boost wellbeing. But according to Anand (2021), the sense of wellbeing is decreasing in the years of the pandemic. Although the world is becoming wealthier now, the mood of unhappiness is remaining (Sachs, 2019). The world is in a poor situation with wellbeing. In this case, actions should be taken to increase the wellbeing of people. However, before that, the definition of wellbeing should be clear: It is a positive outcome, which can affect many sections of society. It integrates both mental and physical health, which can tell how people perceive their life. Being wellbeing is not only being happy; but also means people can achieve their desires, and satisfy themselves (CDC, 2018). As wellbeing is such an important target, it needs to be focused on. In this essay, two ways, being with nature and having high-quality sleep, which can positively affect individual wellbeing are given for people to attempt, and suggestions are given for a better effect.

Nature greatly influences positive wellbeing. Being close to nature is a fast and efficient way to improve wellbeing. When people mention 'nature', they are normally referring to green open spaces and water bodies that can support life. It can provide clean air and free space for people to relax. Based on this, some evidence shows that being close to nature can improve wellbeing. Research from Mental Health Foundation (2021) shows that 70% of UK adults think being close to nature can improve their mood. Moreover, it is believed that nature experience has a connection with increasing psychological wellbeing (Gregory et al., 2019 cited in Royal Botanic Gardens Victoria, 2021). A hypothesis is that human ancestors are depending on nature to live, which produces a reliance on nature, so humans are more preferred nature but not buildings (Capaldi et al., 2015). More research by Capaldi et al. (2015) also finds that contact with nature can restore concentration and attention, reduce stress and improve the physical human body. As being with nature can help people relax and release their stress, people are suggested to obtain more benefits from nature by interacting with it. Using the sense organ to feel nature, appreciate nature, and enjoy the positive mood that nature brings can greatly impact on wellbeing (Mental Health Foundation, 2021).

Sleep is a significant part of a natural rhythm, and the improvement of sleep can greatly positively affect individual wellbeing. However, according to RSPH (2017), 54% of the public suffers from poor sleep. It is clear that many people can not acknowledge the importance of sleep. And Broadbent (2018) provides some ways to find people who are lacking sleep: They usually take a long time to get up, their behaviour can change a lot, and their colleagues will be easy to spot them. A night of high-quality sleep will improve the mood of people, which has a strong positive correlation with wellbeing (Broadbent, 2018). On the contrary, the deprivation of sleep over a long time will lead to low mood and feelings of helplessness (RSPH,2017). Also, when humans sleep, they will restore energy, recover brain function and increase memory and creativity (Broadbent, 2018), which can help them live better to improve their wellbeing. Thus, it is clear that people should take action to increase their sleep, and sleeping for enough time is one of the most effective ways. Research shows that adults need 7.5 - 8 hours of sleep every day (Broadbent, 2018). In addition, other general ways like keeping electronic devices away half an hour earlier before sleep or doing proper exercise before sleep can tangibly improve the quality of sleep.

In conclusion, this essay provides two strategies to positively affect individual wellbeing: being with nature and having good nights of sleep. As the last paragraph tells, being with nature can improve mood and cause people to relax, having relaxing sleep can recover and improve both mental and physical health to affect wellbeing. To promote the first lifestyle, the government should arrange the urban space for more natural areas, and take action to attract people to stay there. The second lifestyle needs people to be more autonomous, manage their schedule and remain enough time for sleep. Solutions should be released to reduce factors which can negatively affect sleep, such as noise and light pollution. To reduce it, one of the most important actions should be making

people acknowledge the importance of individual wellbeing of themselves, to promote people to pursue higher stages of their life.

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