

The slide features a decorative border of stylized leaves in green, orange, and blue, arranged in a circular pattern around the central text.

# Scientific Foundations of Health

## Module 1:

### Good Health and It's Balance for Positive Mindset

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# One small positive thought can change your whole day”- Zig Ziglar.

**Positive thinking leaves long-lasting effects on our mind and body –**

1. Lesser stress and anxiety
2. Better immunity leading to resistance to common flu
3. Better skills to handle panic situations
4. Better cardiovascular condition
5. Clearer mind for creativity and problem-solving
6. Better mood and less depression

Activity: Think of a current situation you can handle with positive thinking

# But How Do We Maintain Positive Thinking?



## Maintain a Healthy Lifestyle

(Diet + Movement)



## Laugh Often

(Smile to Trick Your Mind)



## Journal Your Thoughts

(Show Gratitude)



## Balance

(Avoid burnout)



## Meditate

(Boost Productivity)



## Mental Health

(Unlock Possibilities)



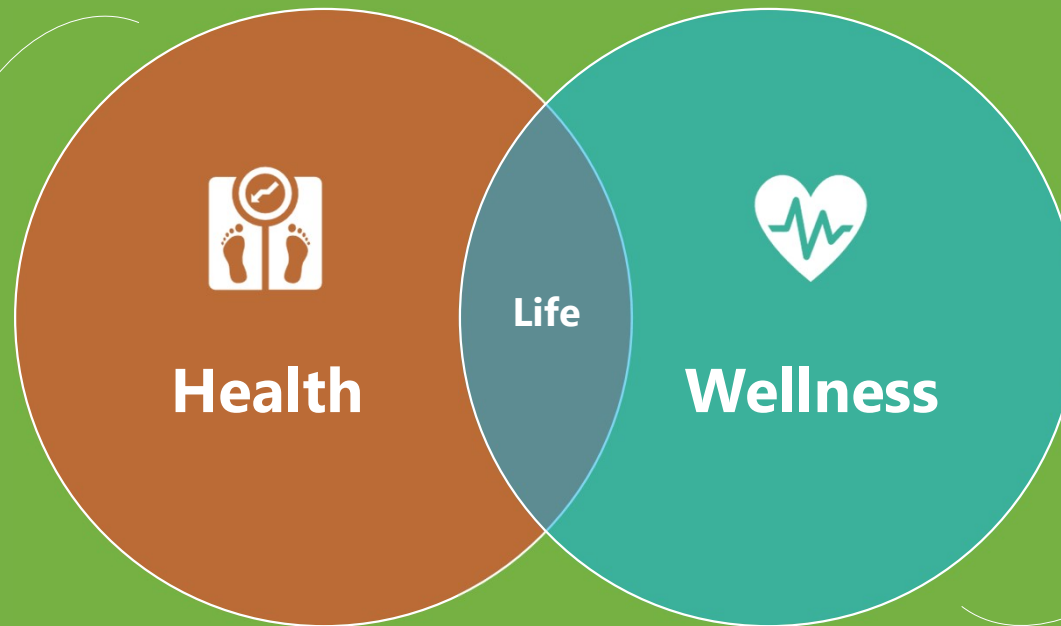
## Hang Out with Positive People

(Walk the Talk)

# Health and Wellness

State of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- Cannot choose state of health
- Comprises the diagnosis of a disease/illness, predisposition to a disease, and any unexpected injury
- Enables happy and disease-free life



Optimal state of health of individuals and groups expressed with positive approach to living

- Active process of growth and change to reach your fullest health and well-being.
- Proactive activities, lifestyle changes, controlling risk factors, focusing on nutrition, having a balanced diet, and following spiritual practices that lead to holistic health



# Dimensions of Wellness



## Physical

- Increase physical fitness
- Avoid sedentary lifestyle
- Eat a balanced diet
- Stay hydrated



## Emotional

- Self awareness of emotions
- Empathy for self and others
- Deal well with stress



## Mental

- Mental exercises - creativity and problem-solving skills
- Challenge your mind



## Social

- Contributing to community
- Interpersonal long-term relationships
- Support network



## Environmental

- Protecting nature
- Living sustainably
- Promoting environment friendly activities

# Identified Risks Leading to Poor Health

Lifestyle habits such as alcohol & drug abusing, smoking & vaping, binge eating, extreme physical exercise and unprotected sex pose as risks to long-term health. These actions are usually developed in the growing years (ages 13- 27).





Health is the body's functional and metabolic efficiency, and its ability to adapt to the physical, mental, and social changes that it is exposed to.

It is important to approach "health" as a whole, rather than as a series of separate factors. Good physical health can work in tandem with mental health to improve a person's overall quality of life.

# Let's Evaluate Physical and Mental Health

## Physical Health

Physically healthy people are likely to have bodily functions and processes working at their peak due to the absence of diseases.

- Regular exercise, balanced nutrition, and adequate rest contribute to good health.
- Maintaining physical fitness, breathing and heart function, muscular strength, flexibility, and body composition.

## Mental Health

Mentally healthy people can enjoy life, bounce back after difficulties, balance personal and professional relationships with ease.

- A chronic illness affects a person's ability to complete their regular tasks, it may lead to depression and stress. These feelings could be due to financial problems or mobility issues.
- A mental illness, such as depression or anorexia, can affect body weight and overall function.



# Good Health = Good Life

I don't  
have a  
desire for  
addictive  
substances  
!!!

I feel comfortable and  
happy with my life <3

I have a  
vision and  
the belief  
to achieve  
it !

I can serve  
myself, my  
family and  
community

I save money on  
insurance and medical  
costs :)



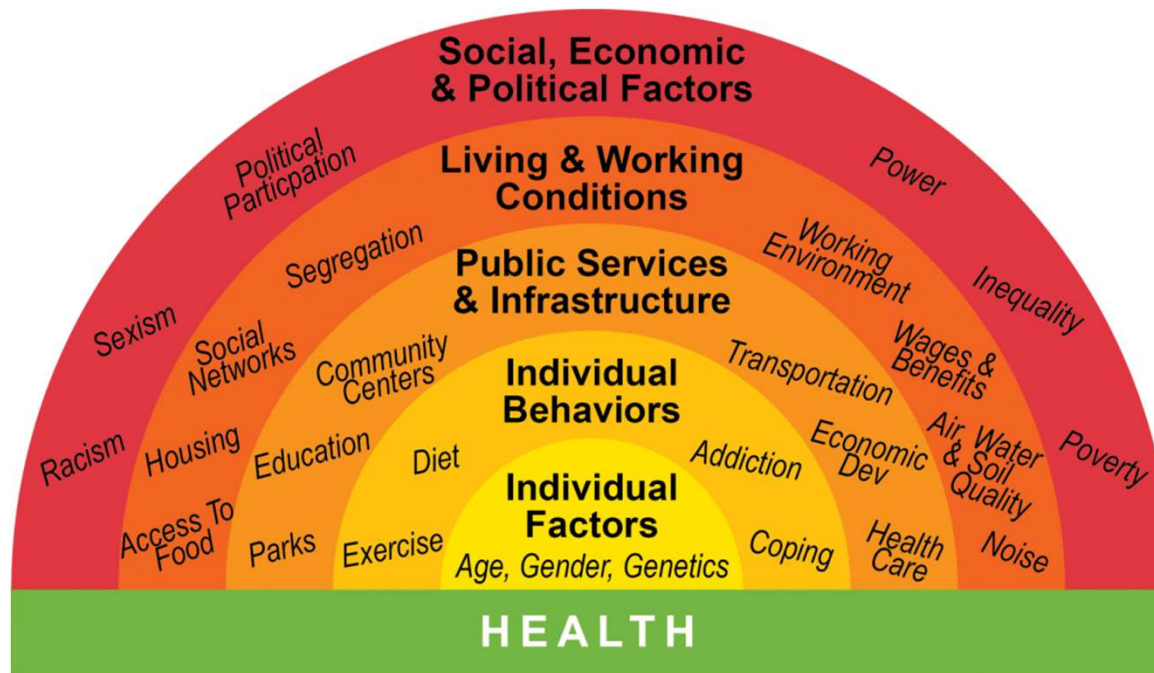
# Activity: How Healthy Are YOU?

Give yourself 1 point per checkmark

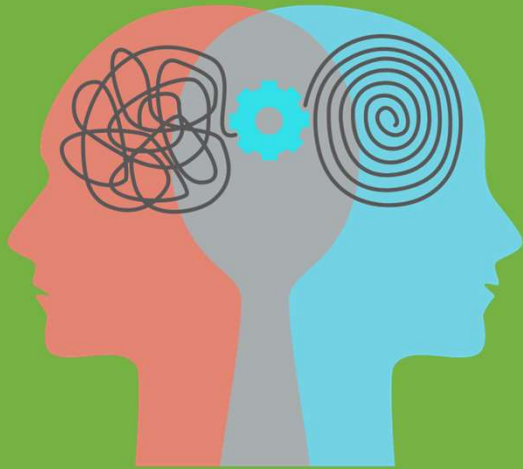
- ☐ Eat 3 balanced meals a day
- ☐ Drink 3 litres of water a day
- ☐ Exercise regularly
- ☐ Maintain good hygiene

- ☐ Slept enough last night
- ☐ Did not booze or get high
- ☐ Have enough money to sustain
- ☐ Not be moody or anxious today

# Various Factors Affect Our Health and the Ability to be Healthy



# Our Behavior Makes Us Approach Health Positively or Even Negatively



Addressing health behaviors requires strategies to encourage individuals to engage in healthy behaviors and access nutritious food, safe spaces to be physically active, and support to make healthy choices.

## Health Belief Systems Enforce Decisions

1. What people believe about their health?
2. What they think constitutes their health?
3. What they consider the cause of their illness and ways to overcome it?



# Human Behavior Model (HBM) Attempts to Predict Health-Related Behavior in Terms of Certain Belief Patterns.



**Individual Perceptions**

=

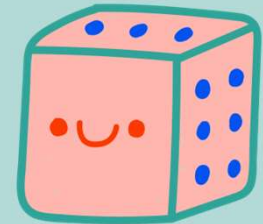
Perceived Susceptibility  
+  
Perceived Severity



**Modifying Factors**

=

Gender + Age + Ethnicity +  
Personality + Socioeconomics +  
Knowledge



**Likelihood of Action**

=

Perceived Benefits + Perceived  
Threats + Perceived Barriers

# Situations Change Health Behaviors



## Advertising

- Objectification of youth, eating disorders, low self-esteem and body dissatisfaction.
- Convince users that products are better than they are.



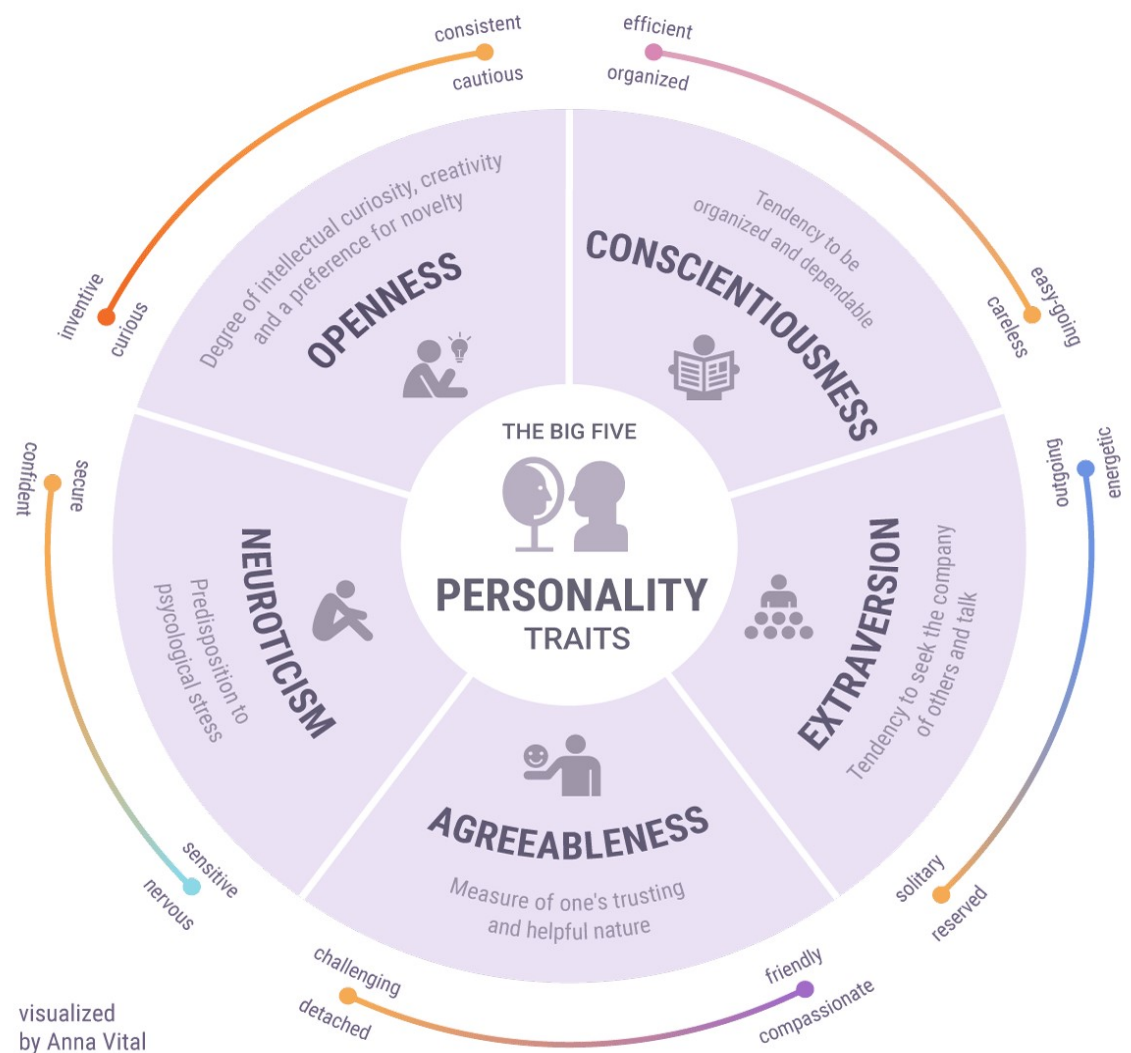
## Family

- Family members regulate supportive behaviors.
- Family influence health attitudes.
- Negative comments by family increase likelihood of mental illness.



## Society

- Social relationships are vital for good health.
- Social isolation creates added health risks.
- Good health enables people to play a part in society.



visualized  
by Anna Vital

Source: J. M. Digman  
Personality Structure: Emergence of the Five-Factor Model

# Stress and Types of Stress

Stress is your body's response to anything that requires attention or action. Stress can be defined as any type of change that causes physical, emotional, or psychological strain.

## **Acute Stress**

Short-term type of stress that can either be positive or more distressing during day-to-day life.

## **Chronic Stress**

Never-ending and inescapable stress during big events like a bad marriage or tough job.

## **Episodic Acute Stress**

Run rampant and be a way of life, creating a life of ongoing distress.

## **Eustress**

Associated with surges of adrenaline making one feel energized.





# Questions & Answers

Over to you!



# Resources

## List the resources you used for your research:

- Health Psychology- Biopsychosocial Factors in Health and Illness. Authors: Larry C. Barnard & Edward Krupat. Harcourt Brace College PublishersSource #2
- Health Psychology. Ninth edition. Shelley E. Taylor . McGraw Hill Edition. India Pvt. Ltd.
- Health Psychology. By M. Robin Dimalleo. Leslie R. Martin. Pearson Education Parling Kindersley (India)