

Implementing Physical and Mental Health in Daily Life

A comprehensive guide to helping high school students integrate wellness practices into their everyday routines – balancing academic demands with evidence-based strategies for total well-being.

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What Is Physical Health?

The Foundation of Wellbeing

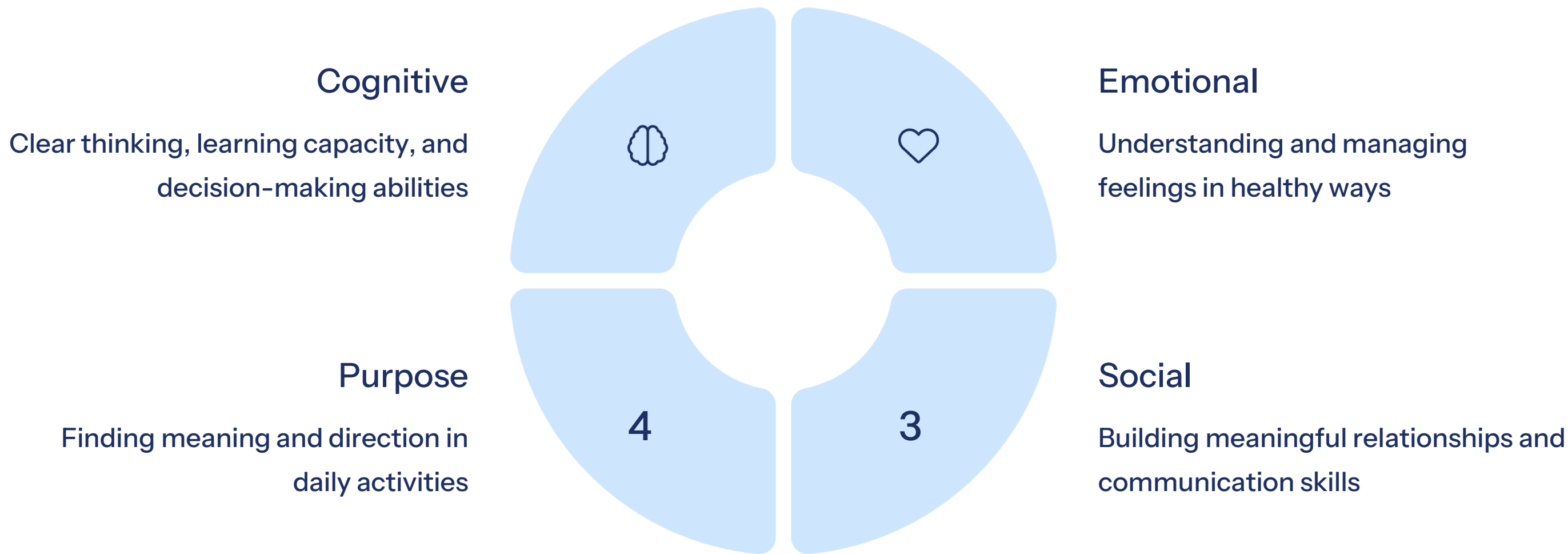
Physical health involves maintaining proper body function and fitness through intentional daily choices. It's not just about looking good—it's about feeling energized and capable.

For high school students, physical health directly impacts academic performance, mood regulation, and overall quality of life during these formative years.



- Regular exercise (cardio, strength, flexibility)
- Proper nutrition and hydration
- Adequate sleep and rest

What Is Mental Health?



Why Are Physical and Mental Health Important?



Better academic performance comes from a healthy mind and body



Academic Success

Research shows that physically and mentally healthy students achieve higher grades, have better attendance, and demonstrate improved focus.



Stronger Relationships

Emotional regulation and self-awareness lead to healthier friendships and family connections.



Life Satisfaction

Students with balanced health report greater happiness and confidence in their future.

Common Challenges for Students

1

Academic Pressure

Tests, college applications, and grade expectations create significant stress

2

Digital Overload

Excessive screen time disrupts sleep cycles and increases comparison with peers

3

Social Pressures

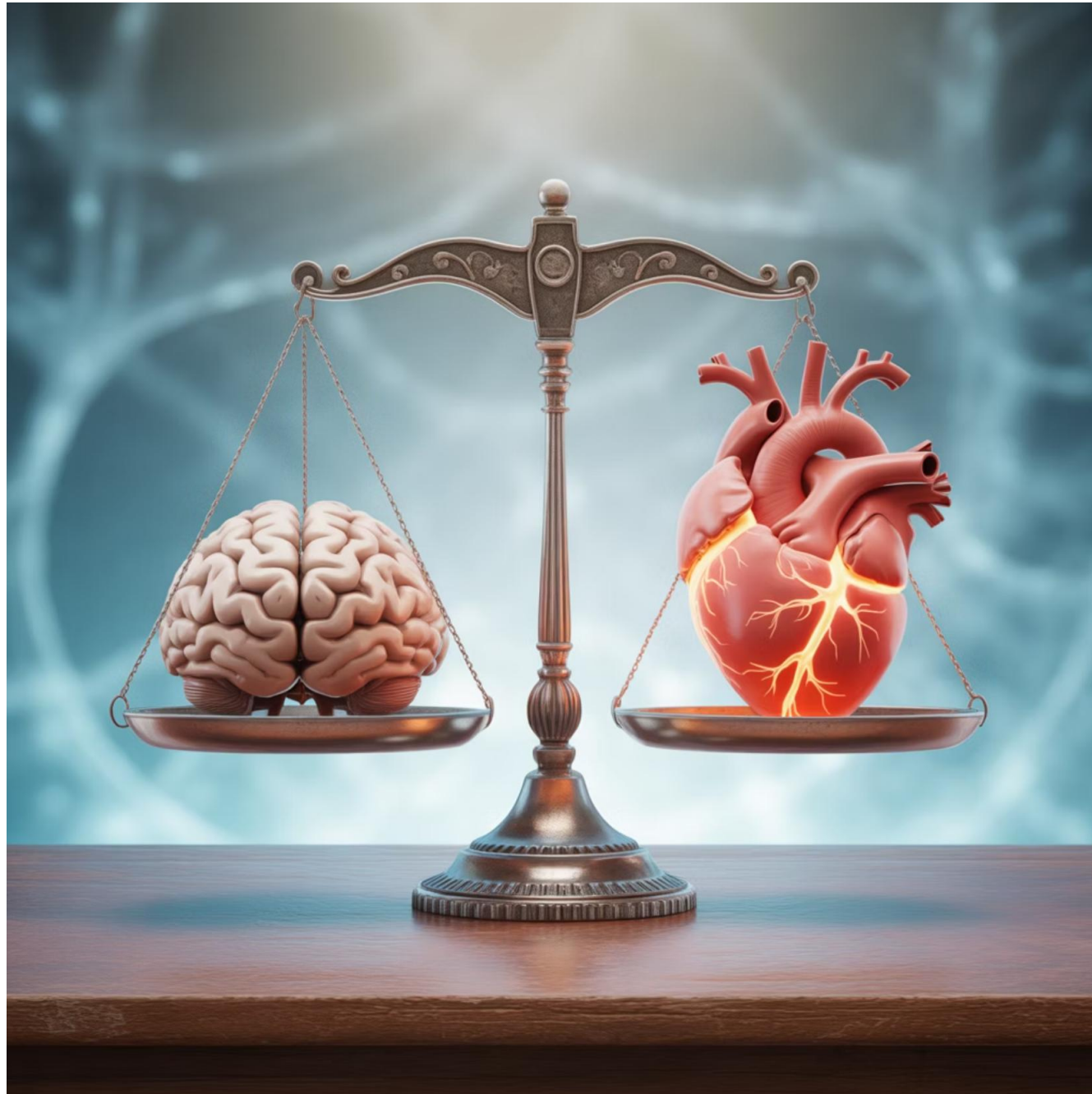
Fitting in, peer relationships, and identity formation cause anxiety

4

Poor Sleep Habits

Late-night studying and device use lead to chronic sleep deprivation

Key Principles of Implementation



1

Balance & Integration

Mind and body wellness should complement each other, not compete for attention

2

Consistency & Routine

Small daily habits are more effective than occasional intense efforts

3

Personalization

Each student needs to find strategies that work for their unique situation

Daily Habits for Physical Health



Movement

- 60 minutes daily of moderate activity
- Mix of cardio, strength, and flexibility
- Find activities you genuinely enjoy



Nutrition

- Regular balanced meals with protein
- 5+ servings of fruits and vegetables
- Stay hydrated (8-10 cups daily)



Sleep

- 8-10 hours nightly for teens
- Consistent sleep schedule
- Screen-free hour before bed

Daily Habits for Mental Health

Mindfulness Practice

Just 5-10 minutes daily of meditation or deep breathing can significantly reduce stress and improve focus.

Positive Self-Talk

Challenge negative thoughts with evidence-based alternatives. Replace "I'm going to fail" with "I'm preparing well and will do my best."

Connection & Support

Prioritize quality time with friends and family. Share challenges with trusted individuals rather than isolating.



Journaling is a powerful tool for processing emotions and tracking mental health patterns

Evidence-Based School Practices

1

Social-Emotional Learning

Structured curriculum that teaches emotional awareness, relationship skills, and responsible decision-making

2

Wellness Activities

Weekly dedicated time for stress-reduction activities and physical movement integrated into school schedule

3

Supportive Environment

Anti-bullying programs, peer mentoring, and counseling resources readily available to all students

4

Health Education

Comprehensive teaching about nutrition, exercise, mental health awareness, and coping strategies



Classroom and Home Strategies

In the Classroom



- 5-minute mindfulness breaks between subjects
- Movement activities incorporated into lessons
- Stress management techniques before tests
- Group activities that build social connection

At Home



- Device-free family meals with conversation
- Designated study space free of distractions
- Family physical activities (walks, sports)
- Open conversations about feelings and challenges



Short-Term Benefits for Students

33%

Better Focus

Improvement in attention span and concentration after implementing regular physical activity

45%

Mood Enhancement

Increase in positive emotions reported by students practicing daily mindfulness techniques

40%

Stress Reduction

Decrease in perceived stress levels among students who maintain regular sleep schedules

28%

Academic Gain

Average improvement in test scores for students following balanced health routines

Long-Term Impacts



1

Disease Prevention

Reduced risk of chronic conditions like diabetes, heart disease, and depression in adulthood

2

Resilience Building

Greater ability to navigate life's challenges with effective coping strategies

3

Life Success

Improved relationships, career advancement, and overall life satisfaction

Why Everyone Should Implement These Habits



When we prioritize our physical and mental health, we show respect for ourselves and unlock our full potential. Healthy individuals build stronger relationships and become positive contributors to their communities and society.

The habits formed during high school years often persist throughout life, making this an essential time to establish positive patterns.

Success Stories and Research Evidence



"The mindfulness program helped me manage test anxiety. I went from failing math to getting a B+ by learning how to calm my mind."

— Michael, Grade 11

"Starting my day with a 20-minute jog completely transformed my energy levels and focus in morning classes."

— Sophia, Grade 12

Research Findings:

- Positive Action curriculum reduced depression by 34% in teens
- Schools with integrated wellness programs saw 17% fewer absences
- Students with 60+ minutes of daily activity scored 12% higher on standardized tests

Take Action: Your Daily Plan

Start Small

Choose just **one** physical and **one** mental health habit to implement this week.

Examples:

- 10-minute morning walk
- 3-minute breathing exercise before bed
- Drinking water instead of soda at lunch

Track Progress

Use a journal or app to monitor your habits for 14 days. Note how you feel physically and mentally each day after practicing your chosen habits.

Reflect and Adjust

After two weeks, evaluate what's working and modify as needed. Then add one new habit to your routine.

Remember: Small, consistent actions lead to meaningful change!

