



Good Health and Well Being

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What does good health mean?

The word "health" refers to a state of complete emotional and physical well-being.

Health is a resource for everyday life.



Types

Physical health

- ▶ Physical health is the state of being free from illness or injury.
- ▶ It can cover a wide range of areas including healthy diet, healthy weight, personal hygiene and sleep.

Mental health

- ▶ Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

An unhealthy lifestyle

Exercise less

Exercise not only reduce the stress, but it also helps protect against heart disease and helps you maintain a healthy weight.

Eat junk food.

When you are stressed, a burger or pizza may sound good at the time but it is important to know what these types of foods are doing to your body over time. These foods are high in fat, which is better to avoid. So, instead of fast food you should eat whole grains, lean meats, nuts, fruits and vegetables.

Sleep less.

Sleeping too little can overwork your heart and can cause you to be more stressed. You can prevent heart disease by sleeping between seven and nine hours every night. The good sleep is very beneficial for well-being.

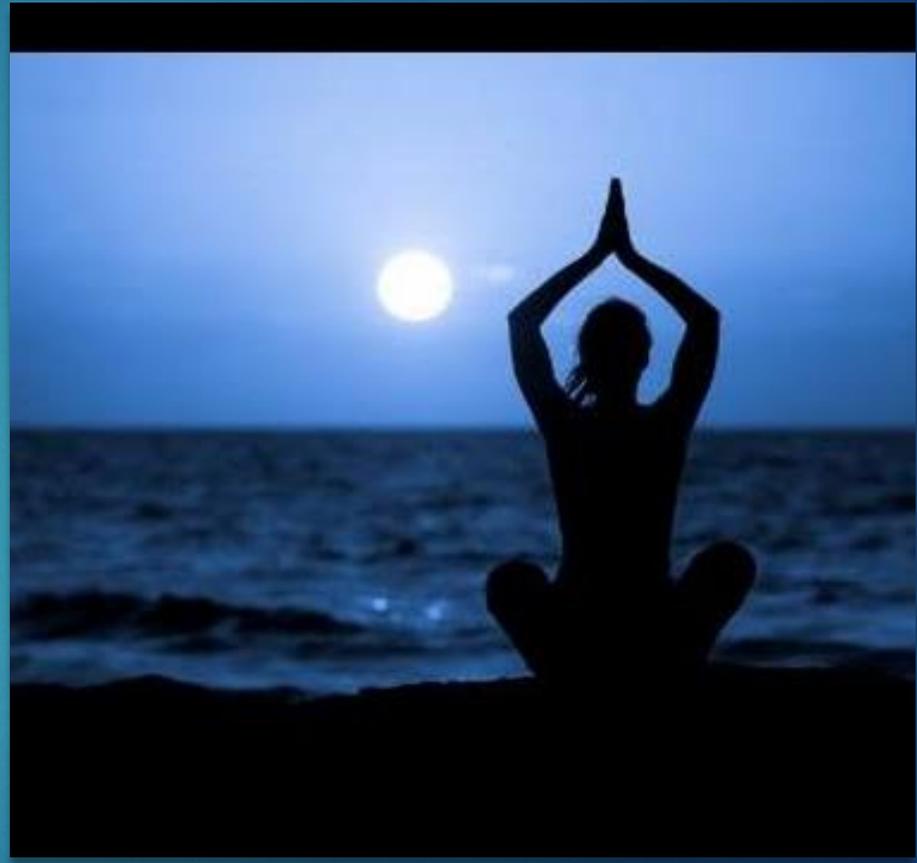


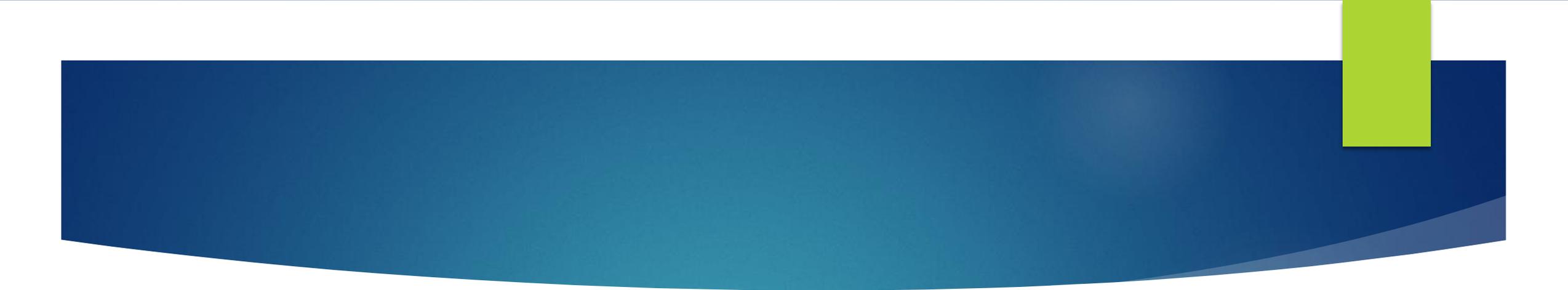
- ▶ **Stay plugged in**
After a long day you may think that sitting on the couch in front of your television or with your phone in hand sounds great but it could be doing more harm than good! It is impossible to escape stress when it is constantly with you. Take some time away from your phone, computer and television to relax. Use this time to read, listen to music or take a bath.
- ▶ **Smoke**
When you smoke, you harm your heart and blood of oxygen, which is vital for your body to function. It can cause a heart attack, stroke or cancer.
- ▶ **Drink alcohol**
Drinking excessively or consistently over time hurts your heart. The AHA recommends not drink more than two drinks per day for men and one drink per day for women. The more alcohol you consume, the higher your risk is for increased blood pressure and stroke.

Tips for good health and well-being

These are some tips to help you be healthy.

- Do something creative. Being creative can improve mood.
- Learn new skills. Achieving goals you've set for yourself can increase your confidence.
- Keep in touch with friends and loved ones. Research has shown that people whose goals in life are focused on family, friends and colleagues have increased wellbeing.
- Ask for help and share feelings. If you feel under pressure, take the opportunity to discuss your feelings with friends or family.





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