

Personal Health

Background

The World Health Organization (WHO) says that "**Personal Health**" is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. How will you ensure that you and your close ones are aware of and have the best of access to their personal health?

Problem Statement:

Personal health is nothing but a balance and combination of Physical, Mental and Social Wellbeing.

- **Physical** - Physical wellness is the process of engaging in physical activity daily. It involves 'Active Living', 'Healthy Eating', and 'Enough Sleep'.
 - **Why is Physical Wellness Important?** Physical health should be the most important aspect of one's life. Being physically healthy really translates to leading a healthy lifestyle and being free of diseases or long-term illnesses.
 - **What can you do?** Spend more time outside, get fresh air from activities such as walking, running, riding a bike etc.
- **Mental** - Mental wellness is the process of creating and maintaining a positive balance and enthusiasm about life. Mental health refers to how a person can manage their thoughts, feelings, and emotions through the ups and downs of life.
 - **Why is Mental Wellness Important?**
 - Our mental health plays a role in how well we interact with others.
 - It also plays a role in how we take in and respond to feedback and criticism.
 - **What can you do?** Be aware of your thoughts and feelings, seek help when you need it, Have a positive attitude.
- **Social** - Social wellness is the process of seeking meaning and purpose in human existence and establishing peace and harmony in our lives. Do your beliefs and actions align to your values?
 - **Why is Social Wellness Important?** Social wellness not only allows you to seek meaning and purpose in human existence, but also allows you to appreciate your life experiences.
 - **What can you do?** Yoga, Meditation, breathing exercises and mindfulness.

There is lack of awareness, information and help with respect to Personal Health. How can people be educated about personal health?

Goal:

Propose ideas to promote awareness and increase personal health:

- What can be done in your community to increase the state of personal wellness?
- How can you help spread awareness about personal wellness (Physical/Mental/Social)?
- How can you help people struggling with personal wellness (Physical/Mental/Social)?

Resources:

1. <https://www.northwestern.edu/wellness/8-dimensions/physical-wellness.html>
2. <https://www.betterup.com/blog/Mental-health-examples>
3. National Institute of Mental Health: https://www.nimh.nih.gov/health/statistics/mental-illness.shtml-part_155771
4. American College Health Association: <https://www.acha.org/>