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Pragya Agarwal
Assistant Professor,
CPSM College of Education,
Gurugram, Haryana, India

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**Awareness for health and wellbeing to live better
quality of life**

Pragya Agarwal

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Abstract

Physical & mental health is the most important aspect of our life. To enjoy the good quality of life we need daily for our health and strengthen our social networks to improve our mental health. The areas of well-being are emotional, physical, occupational, social, spiritual, intellectual environmental & financial. The steps of well-being include connecting with other people, being physically active, learning new skills and giving to others. The areas of health are genetics, behaviours sentimental, physical influences, medical care and social factors. Health & well-being is the most important aspect of life. The individuals belonging to all age groups, categories and backgrounds need to pay attention towards these aspects. Individuals need to pay attention towards physical as well as psychological health conditions that will contribute to living a good quality of life. The World Health Organization defines positive mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. The main areas that are taken into account in this research paper are measures taken to improve our physical and mental health in our busy daily routine.

Keywords: Physical health, mental health, well-being, quality, aspects.

Introductions

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life. People often think about wellness in terms of physical health-nutrition, exercise, weight management, etc., but it is so much more. Wellness is a holistic integration of physical, mental, and spiritual well-being, fuelling the body, engaging the mind, and nurturing the spirit ^[1].

Well-being is a feeling of satisfaction with life, a state characterized by health, happiness, and prosperity. Good health concerns the care of the human body and everything that can be done to protect it from sickness and intoxication and enable access to care

What is physical health?

Physical health can be defined as the normal functioning of the body. Representing one dimension of total well-being, it's about how your body grows, feels and moves, how you care for it, and what you put into it.

Pillars of Physical Health

Maintaining good physical health decreases your risk of developing conditions such as heart disease, stroke and some cancers. Being physically healthy also helps you to manage life's challenges by protecting you against fatigue, injury and illness.

Physical health is closely linked to mental health and an integral part of leading a healthy lifestyle and enjoying life. This is often taken for granted and it isn't until we are sick, ill or injured that we put the time and energy in to looking after our physical health. It is important to regularly monitor your overall physical health and getting a check-up if you (or someone you know) are concerned. The four pillars of health are Sleep (and recovery), Nutrition, Physical Activity and Connection. The NZDF Health Hub provides everything you need to know about strengthening each of these pillars.

Corresponding Author:
Pragya Agarwal
Assistant Professor,
CPSM College of Education,
Gurugram, Haryana, India

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|--|--|
| PHYSICAL Better health Improved quality of life Stronger bones & muscles Fight off illness better Weight control Improved fitness | MENTAL Reduce anxiety & depression Reduce & prevent stress Increase cognitive functioning Feeling more energetic Sleep better Relaxation |
| SOCIAL Social integration Build new friendships Strengthen relationships Increase family time Meet new people Build social skills | EMOTIONAL Self confidence Increase feeling of self-worth Increase feelings of happiness Increase feelings of success Positive mood & affect Lower tension |

The Four Pillars of Health

- Sleep (and recovery).
- Nutrition.
- Physical activity.
- Connection.

Sleep and recovery

Sleep is one of the most under-rated tools to enhance health and performance. Getting adequate sleep helps to prevent excess weight gain, heart disease and increased illness and disease.

Rest and recovery after stressful activity, both mentally and physically, is also important as it enables the body to repair itself and be fit and ready for another day

Nutrition

Adequate and appropriate nutrition helps support performance, recovery, mental clarity, and overall mood.

Like a vehicle, the body performs best with the right fuel. If you put regular gasoline in a Formula 1 car, it will struggle to compete with the rest of the field and will likely end up making an early pitstop.

Good nutrition provides the body with the nutrients and fuel it needs to perform and recover. It also reduces stress and inflammation in the body, which is associated with injury, illness and mental health issues.

Mental health is about how people think, feel, and behave. Mental health care professionals can help people manage conditions such as depression, anxiety, bipolar disorder, addiction, and other disorders that affect their thoughts, feelings, and behaviors.

Mental health can affect a person's day-to-day life, relationships, and physical health. External factors in people's lives and relationships can also contribute to their mental well-being.

Looking after one's mental health can help a person maintain their ability to enjoy life. This involves balancing their activities, responsibilities, and efforts to achieve psychological resilience.

Stress, depression, and anxiety can affect mental health and may disrupt a person's routine.

Although healthcare professionals often use the term "mental health", doctors recognize that many mental health conditions have physical roots.

This article explains what mental health and mental health conditions mean. It also describes the most common types of mental health disorders, including their early signs and how to treat them.

The WHO definition of mental health

Share on Pintes According to the World Health Organization (WHO) Trusted Source:

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community".

The WHO states that mental health is "more than the absence of mental disorders." Peak mental health is about managing active conditions and maintaining wellness and happiness.

The organization also emphasizes that preserving and restoring mental health is important at individual, community, and societal levels.

Risk factors for mental health conditions

Everyone is at some risk of developing a mental health disorder, regardless of age, sex, income, or ethnicity. In the U.S. and much of the developed world, depression is one of the leading causes trusted Source of disability.

Social and financial circumstances, adverse childhood experiences, biological factors, and underlying medical conditions can all Trusted Source shape a person's mental well-being.

Many people with a mental health disorder have more than one Trusted Source condition at the same time.

It is important to note that mental well-being depends on a balance of factors, and several elements may contribute to the development of a mental health disorder.

The following factors can contribute to mental health conditions.

Childhood adversity

Several studies Trusted Source report that childhood traumas such as child abuse, parental loss, parental separation, and parental illness significantly affect a growing child's mental and physical health.

There are associations between childhood abuse and other adverse events and mental health disorders. These experiences also make people vulnerable to Post-Traumatic Stress Disorder (PTSD).

Biological factors

The NIMH suggests that a person's family history can increase the likelihood Trusted Source of mental health conditions, as specific genes and gene variants put a person at higher risk. However, having a gene associated with a mental health disorder does not guarantee that a condition will develop.

Likewise, people without related genes or a family history of mental health conditions may have a mental health disorder.

Chronic stress and mental health disorders such as depression and anxiety may develop due to underlying physical health problems, such as cancer, diabetes, and chronic pain.

Mental health resources

Visit our dedicated hub for more research-backed information and resources on mental health and well-being. Was this helpful?

Types of mental health disorders

Healthcare professionals group mental health disorders according to the features they have in common. They include:

- Anxiety disorders.
- Mood disorders.
- Schizophrenia disorders.

Anxiety disorders

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental health disorders.

People with these conditions have severe fear or anxiety related to particular objects or situations. Most people with an anxiety disorder try to avoid exposure to whatever triggers their anxiety.

Below are some examples of anxiety disorders.

Generalized anxiety disorder

Generalized anxiety disorder (GAD) involves excessive worry or fear that disrupts everyday living.

People may also experience physical symptoms, including:

- Restlessness
- Fatigue
- Poor concentration
- Tense muscles
- Interrupted sleep

Anxiety symptoms do not always have a specific trigger in people with GAD.

They may experience excessive anxiety when encountering everyday situations that do not pose a direct danger, such as chores or appointments. A person with GAD may sometimes feel anxiety with no trigger at all.

Panic disorder

People with panic disorder experience regular panic attacks involving sudden, overwhelming terror or a sense of imminent disaster and death.

Phobias

There are many types of phobias, and what may seem typical to one person might be a severe problem that dominates daily life for another. Different types include:

- **Simple phobias:** These may involve a disproportionate fear of specific objects, scenarios, or animals. A fear of spiders is a typical example.
- **Social phobia:** Sometimes known as social anxiety, this is a fear of being watched or judged by others. People with social phobia often restrict their exposure to social environments.
- **Agoraphobia:** The term “agoraphobia” refers to a fear of situations where getting away may be difficult, such as being in an elevator or a moving train. People sometimes misunderstand this phobia as a fear of being outside.

Treatment

Various methods are available to help manage mental health conditions. Treatment is highly individual, and what works for one person may not work for another.

Some strategies or treatments are more successful in combination with others. A person with a mental health disorder may choose different options at various stages in their life.

It is important for an individual to work closely with a doctor who can help them identify their needs and provide suitable treatment.

Below are some treatment options for people with mental health conditions.

Psychotherapy, or talking therapies

The following types of therapy Trusted Source take a psychological approach to treating mental health:

- Cognitive behavioral therapy (CBT)
- Exposure therapy
- Dialectical behavior therapy

Psychiatrists, psychologists, psychotherapists, and some primary care physicians carry out these treatments.

Therapy may help individuals to understand the cause of their mental health condition. Working with a healthcare professional may help people manage their day-to-day living and reduce any risk of isolation and self-harm.

Read more about psychotherapy.

Medication

Some people Trusted Source take prescribed medications, such as antidepressants, antipsychotics, and drugs for anxiety.

Although these medications cannot cure mental health disorders, some can help improve symptoms. They may also help a person to manage their social interactions and routines.

Some medications boost the body’s absorption of feel-good chemicals, such as serotonin, from the brain. Other drugs either boost the levels of these chemicals or help prevent their degradation or destruction.

Self-help

A person coping with a mental health condition may decide to make certain lifestyle changes to help them manage their well-being.

Changes may include Trusted Source:

- Reducing alcohol intake, if applicable.
- Trying to improve sleep quality.
- Eating a balanced, nutritious diet.
- Taking time away from work, if this is possible.
- Practicing relaxation techniques such as deep breathing, meditation, and mindfulness.

A support network, whether through self-help groups or close friends and family, can be helpful to a person’s well-being.

Outlook

While mental health disorders are common, they vary in severity. Many people can manage their symptoms and lead full lives with treatment and access to support.

For others, recovery may include learning new ways to help manage their lives.

The prevalence of mental health disorders tends to peak in people ages 18-25Trusted Source but drops significantly among people ages 50 and over.

Having a mental health condition, especially depression, is associated with Trusted Source severe chronic health conditions such as diabetes, stroke, cardiovascular disease, and Alzheimer's disease.

Steps to help maintain mental well-being

The following steps can help a person manage their mental health by reducing their risk of illness, increasing energy levels, and controlling stress:

- **Regular exercise:** Exercising for 45 minutes three to five times a week can help improveTrusted Source a person's mental health.
- **Eat a balanced diet and stay hydrated:** This can help a person maintain a constant supply of energy throughout the day.
- **Aim for good-quality sleep:** A 2021 review found that significant improvements in sleep quality led to greater improvements in mental health.
- **Perform relaxing activities:** Breathing exercises, meditation, wellness apps, and journaling can help reduce stress and improve overall health and well-being.
- **Practice mindfulness and gratitude:** A person can identify and note things they are grateful for at the end of each day.
- **Look for positive social interactions:** Connecting with people and maintaining meaningful relationships can help reduce stress and be a source of support and practical help in times of need.

The term "mental health" refers to a person's cognitive, behavioral, and emotional well-being. It affects how people react to stressors, engage with others, and make choices.

According to the WHO, peak mental health is more than the absence of mental health problems. It is the ability to manage existing conditions and stressors while maintaining ongoing wellness and happiness.

Factors such as stress, depression, and anxiety can negatively affect a person's mental health and disrupt their routine.

A healthcare professional may help someone with a mental health condition to manage their well-being through a program of therapy or medications.

Well-being

Well-being refers to how people feel and function and how they evaluate their lives on a personal and social level. It also means the personal experience of positive emotions such as happiness and contentment along with the fulfilment of one's potential, some control over one's life, a sense of purpose and experiencing positive relationships. People who focus on their wellbeing are more likely to demonstrate higher productivity at work, more effective learning, greater creativity, more prosocial behavior, and positive relationships.

An individual's well-being affects their success on a professional, personal, and interpersonal level. Those who focus on their wellbeing are more likely to demonstrate higher workplace productivity, more effective learning,

greater creativity, more prosocial behavior, and positive relationships. In addition, longitudinal data show that well-being in childhood determines future well-being in adulthood. A person's higher wellbeing often results in many better outcomes regarding physical health and longevity along with a better individual performance at work, and higher life satisfaction has been linked to better national economic performance. A person's wellbeing can impact various aspects of his/her life. Wellbeing is more than the absence of mental ill-health and includes the perception that life is going well.

What is the importance of wellbeing?

Well-being is one of the fundamental factors that determine the overall health of an individual, which enables him to successfully overcome difficulties and achieve what he wants in life. Depending on the physical or emotional trauma, past experiences, attitudes, and general beliefs can affect well-being. Many researchers believe that increased well-being can bring physical benefits, a reduced incidence of cardiovascular disease, stroke and sleep problems, as well as increased productivity and creativity in both work and private life.

What is the measure of well-being?

Self-reports are commonly used to measure one's well-being as a subjective concept. However, well-being is often assessed using objective measures. The use of both objective and subjective measures, where available, is considered ideal for public policy purposes.

What are the determinants of wellbeing?

There is no sole determinant of individual wellbeing, but in general, wellbeing is based on good health, positive social relationships, and availability and access to basic resources (e.g. shelter, income) and modern conveniences (e.g., electricity, internet). Many researchers believe that the associations between wellbeing and its associations with other factors may depend on the following:

Genes and Personality

Genetic factors, personality, and demographic factors play a crucial part in one's wellbeing. For instance, to some degree, positive emotions are heritable, which suggests that there may be a genetically determined set-point for emotions such as happiness and sadness. However, factors in the environment and social conditions also contribute to the expression of genetic effects. Longitudinal studies state that wellbeing is also sensitive to life events (e.g., unemployment, marriage). Moreover, persona elements which might be primary to an individual's well-being encompass optimism, extroversion, and vanity. Thus, genetic and persona elements are carefully related to steer an individual's well-being.

Age and Gender

Based at the measures used, age and gender also can have an effect on one's well-being. Men and girls typically have comparable stages of well-being, however this sample modifications with age and has modified over time. As consistent with research, adults of their old and young age are much more likely to have extra well-being as in comparison to middle-elderly adults.

Income and Work

Certainly, the connection among profits and well-being is frequently complex. Based on which sorts of measures are used and which comparisons are made, profits correlates best modestly with well-being. In maximum cases, the affiliation among profits and well-being (normally measured in phrases of lifestyles satisfaction) is more potent compared to decrease financial stages, however research additionally have located consequences for the ones at better profits stages. Paid employment also can effect one's well-being because it offers direct access to resources, in addition to promotes satisfaction, meaning, in lifestyles for a few. Similarly, unemployment can bring about terrible consequences on well-being, each with inside the quick and lengthy term.

Relationships

Having supportive relationships is one of the strongest factors of wellbeing, having a remarkably positive effect.

Factors that influence wellbeing

- Happy intimate relationship with a partner.
- Network of close friends.
- Enjoyable and fulfilling career.
- Enough money.
- Regular exercise.
- Nutritional diet.
- Enough sleep.
- Spiritual or religious beliefs.

What are the ways to improve wellbeing?

Meditation

Many studies have suggested that meditation may increase practitioners' sense of wellbeing, however, the extent to which it makes a difference is still being studied. Fortunately, meditation has been popularised more than ever, so one has plenty of sources available such as books, online videos, and websites to learn it.

Gratitude

One of the crucial factors for a healthy life is spending time reflecting on the positives in one's life. It can help to see the bright side of things, even when things feel dark. The regular practice of writing a gratitude journal and noting down things that one is grateful for works wonders for many.

Shifting perspective

One can frequently generally tend to sense crushed with the aid of using the workload and sense careworn approximately it, and that's okay. If someone is continually telling her/himself to do something, then he/she may also examine duties handy as though they're chores, and that creates a terrible connotation with inside the mind. When someone works voluntarily, the sensation of being compelled may be without difficulty avoided.

Learning

Learning a new skill or a hobby that one can continuously improve on is a great way of taking care of one's wellbeing. Ideally, one should opt for something that will have noticeable milestones. Seeing noticeable improvements can improve one's self-esteem and provide a sense of purpose, both of which can help improve the feeling of wellbeing.

Proper Sleep

Everyone has probably heard of it, but, believe it or not, it actually works! In order to function properly, the human body needs proper sleep and rest to heal and renew its energy. Proper sleep is essential for the human body to carry out physical and mental activity throughout the day. Getting enough sleep regulates the hormones that are central to a person's mood and emotions. Most often when one feels an emotional imbalance, chances are high that his/her body lacks enough sleep. An adult body should get at least 6 to 7 hours of sleep per day.

Eating a balanced diet

Eating a healthy and balanced diet ensures that the body receives enough

Conclusion

In understanding the health and wellness, in short health is a state of being, whereas wellness is the state of living a healthy lifestyle. Health refers to physical, mental, and social well-being; wellness aims to enhance well-being. We should take care of our physical and mental health on regular basis to enjoy a good quality of life. Health is the most precious in our life as we cannot enjoy wealth without it.

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