

PHYSICAL HEALTH & MENTAL WELL - BEING



ISSUES NO: 12

Healthy Mind Healthy Life

STRENGTHENING MENTAL WELL-BEING OF YOUNG PERSONS AT RISK

Physical Health & Mental Well-Being

Introduction



Hello readers, today we are going to know the importance of our Physical health and Mental well-being, they both are vice versa and interconnected. Both are very important in every person's life, may be a child or an adult. **"Your mental health is just as important as your physical health."**

While we dive in together, we will come to know how our Physical health can directly and indirectly bring in change in our mental well-being vice versa, in once productivity, mood swing and relationships.

This material will help you through overcoming few ways, practice for better living, and will inform you how we can address the Physical & Mental health at the early stage. If we neglect the health issue at the early, it can be led to various disorders, serious ailments and chronic issues which will have a serious effects on our mental well-being.



*a 50 Quotes

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What Physical health means

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. *b



What Mental health means

Mental Health



Physical Health

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. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development and which is experienced differently from one person to the next. Mental health is more than the absence of mental disorders. *c

*b Physical health

*c Mental health

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Tips to maintain the Physical and Mental health in daily routine



Tips to stay Physically active, Mentally sharp and Emotionally connected in any point of your life.



EAT NUTRITIOUS

Make time for yourself every day to enhance your immunity with healthy Food

SUFFICIENT

Take a Deep Breath



PICK

Snacks wisely

MANAGE

Ensure Good Sleep



REGULAR

Get up, for a change

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Warning Signs of Mental Health



Difficult to engage
with community



Change in- actions



Lack of sleep



Lack in personal care



Feelings downhearted



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Self-care tips for balanced physical and mental health

Like physical health, even mental health also requires timely attention, here are few self-care tips to keep our physical and mental health in a balanced manner.



REGULAR EXERCISE

Minimum 30 minutes of walking every day can fresh up your mood and improve your health. Added with small position of exercise to it. Don't worry, relax if you can't do the 30 minutes in one go.

STAY HYDRATED

Human body contains 60%-75% water, depending on the age. So drink enough water (2 to 4 liter) a day, fresh fruit juice keep us energized and focused throughout the day. On the other hand, try to avoid beverages, soft drinks with caffeine.



EXPLORE SOME RELAXATION ACTIVITIES

Mindfulness practices, such as meditation and deep breathing, can help reduce stress and anxiety, improve mood, and promote relaxation. Incorporate these practices into your daily routine.

HEALTHY EATING, ON REGULAR INTERVAL

A balance diet includes wide variety of nutritious food and drink in right portion, which helps you gain calories and maintain a healthy body. (Not eating too much or too little)



PRIORITISE THE SLEEP TIME

Following a strict sleep time. Try to reduce the blue light screen through computer and mobile phone before bed time.

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Self care Tips



FIGHT AGAINST



Good and Bad is always in conflict within ourselves. Feeding positivity through our action and thoughts always help us to overcome the negativity in life. You are not alone in your struggles.

LEARN TO SAY "NO"

Try to priorities the activities and don't engage in multiple activities. Saying NO in right manner is not a wrong behaviour. It is important to find happiness on the task accomplished rather than feeling worried and sad.



PRACTISE GRATITUDE



Being gratitude for self is a very good practise. Recalling the things that made you and others feel happy and thanking would build a positive force and make us move forward in our day to day life struggles. Taking care of your mental health is an act of self-love.

BUILD RELATIONSHIPS

Human life has surrounded around electronic gadgets. So priorities to get connected to friends and family members with whom you can experience love, care, affection and emotional guidance.



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Important elements of healthy life

Good Physical health always helps you to manage life's challenges by shielding you against exhaustion, injury and sickness.

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

*d

**d Pillar of Physical health*

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signs of poor mental health



1

Persistent mood swings

Feeling consistently sad, hopeless, or experiencing drastic mood swings that interfere with daily life can be a sign of depression or other mood disorders.

Social withdrawal

If you start isolating yourself, avoiding friends and family, it may indicate emotional distress or social anxiety.

2



3

Irregular sleeping patterns

Insomnia, oversleeping, or disrupted sleep can be linked to mental health issues.

Difficulty in concentrating

Struggling to focus, making decisions, or complete tasks may be a sign of underlying mental health issues, such as anxiety or attention disorders.

4



5

Constant aches

Unexplained physical symptoms like headaches, stomach aches, or unexplained aches and pains can sometimes be manifestations of emotional distress.

Increased substance use

Escalating or excessive use of alcohol, drugs, or other substances as a coping mechanism can be a red flag for mental health problems.

6



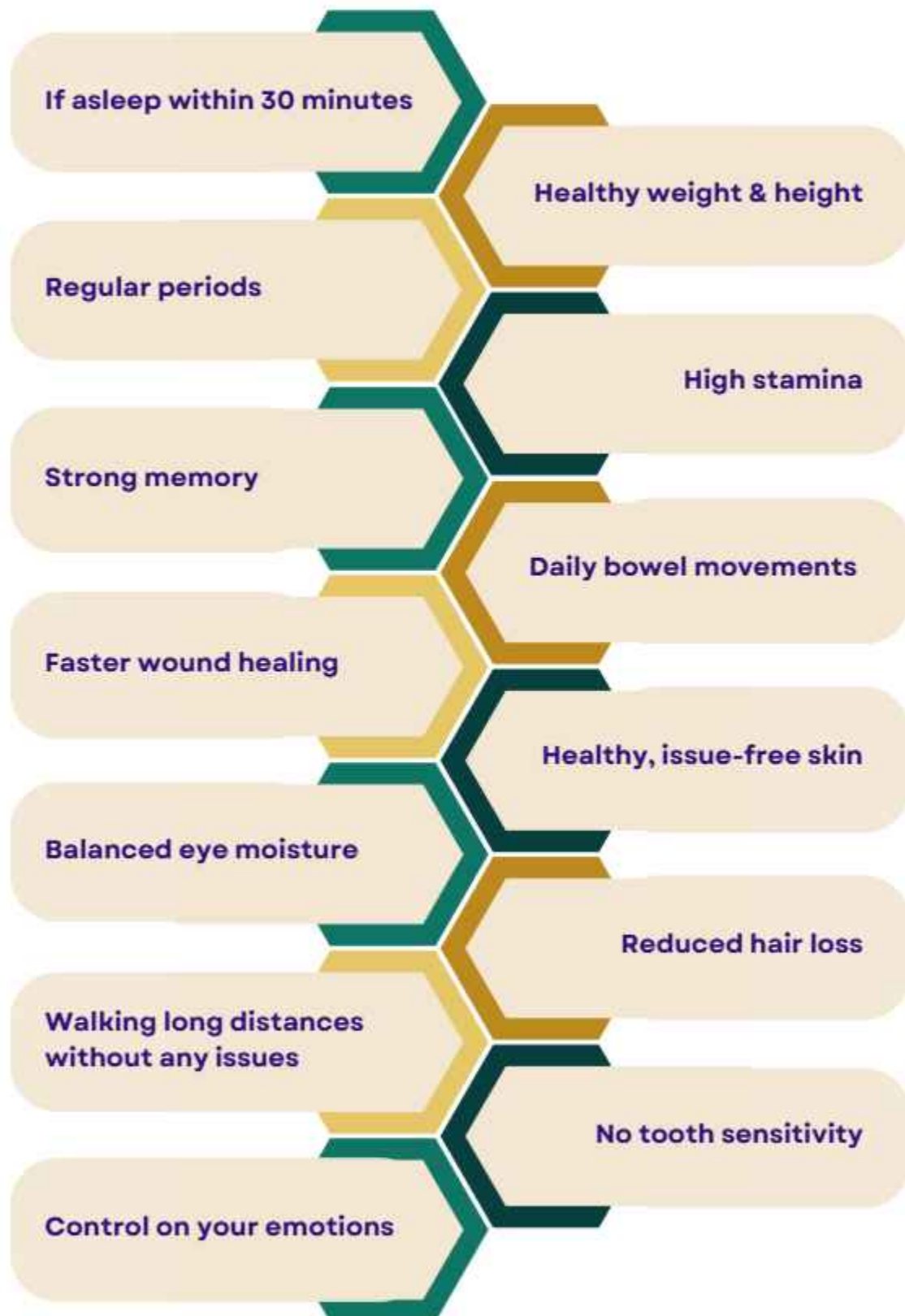
Poor mental health signs shared by Dr Jyoti Kapoor, Founder-Director and Senior Psychiatrist, Manasthali, that one should never ignore

*e (7 signs of poor mental health)

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Check points for Healthy mental wellness



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Benefits of physical activity



Helps maintain a healthy body weight



Decreases risk of heart disease



Lowers blood pressure



Reduces the risk of certain cancers



Lowers the risk of Type 2 diabetes



Increases muscle strength & function



Improves bone health & strength



Helps promote positive mental health



Helps reduce the risk of dementia

*f

*f Physical Activity

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Conclusion

Physical health and mental health are intimate and cannot be undifferentiated. The pandemic has profoundly affected physical and psychological well-being, with remote work, social distancing, and reduced motivation, slowing down healthy habits like exercise and nutrition. COVID-19 has caused widespread suffering, underscoring the importance of prioritising consistent exercise, nutritious eating, adequate sleep, and stress management. By addressing these factors, individuals can attain a balanced physical and mental wellness, enhancing overall quality of life and happiness. Neglecting these essentials risks harmful effects on one's well-being.



Don Bosco National Forum for the Young at Risk

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