

# Health



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**What does it mean  
to be healthy?**

# A person's health

**Physical**



stick to  
some rules

**Mental**



# Physical health

1

**A lack of  
physical activity**



problems with the  
cardiovascular system



loss of vision

backaches



other health issues



# Solution



- ☐ go in for sports
- ☐ do physical exercises  
on a regular basis



# Physical health

2

**Tasty things are  
not always healthy**



☐ **obesity**

☐ **diabetes**



☐ **heart disease**

☐ **other serious**

**health problems**





# Solution

## We should prefer home-made meals



# Physical health

## Bad habits

3

- ☐ smoking
- ☐ drinking alcohol
- ☐ taking drugs



- ❑ kills more than 8 million people each year
- ❑ where about 1 million are non-smokers

# Solution

It's getting more and more widespread to ban smoking in public places.



# Mental health

a state of well-being in which every person can

- ❖ realize their own potential,
- ❖ cope with ordinary life stresses,
- ❖ productively work,
- ❖ contribute to the life of their community.

# Mental health

depends on

- ❖ relationships at work and home,
- ❖ job satisfaction,
- ❖ personal achievements,
- ❖ awareness of who you are.



# Mental health

1

## Stress



pressure and tension



# Mental health

## The reasons for stress:

- ❖ overworking
- ❖ having no time for rest
- ❖ difficulties at home
- ❖ loss of close friends



# Mental health

Changes for the better can also cause stress.



- ❖ getting married
- ❖ having a baby
- ❖ moving houses
- ❖ entering a university



# Solution

Experts advise  
not to worry  
too much and  
be on the alert.



# Solution

When noticed at early stages, stress can be fixed more easily just by

- ❖ talking to friends,
- ❖ having a rest,
- ❖ changing activities.



# Mental health

2

## Depression

a state when a person is in a depressed mood for at least two weeks.



# Mental health

Many people with depression also

- ❖ suffer from anxiety,  
sleep disturbances,
- ❖ may feel guilty,
- ❖ have low self-esteem.

# Mental health

Depression usually develops as a result of **complex interactions** of social, psychological, and biological factors.

# Solution

In some cases, it is enough to have a rest and a couple of visits to a doctor.



# Solution

If it is a severe depression, a patient may need a complex treatment with medicines.





# Which is more important?

**Physical**



**Mental**



They are equally  
crucial



# Our mood and thoughts can depend on our body.



Our physical activity is often the result of our desires and goals.



# Most people would like to be healthy.



The problem is when we make a decision to take care of our health.

**before** we  
get sick

when it's  
**too late**

# Health



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