

# Health



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

# A person's health

**Physical**

**Mental**



stick to  
some rules



# 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

