## Health



# What does it mean to be healthy?

### A person's health

Physical

Mental

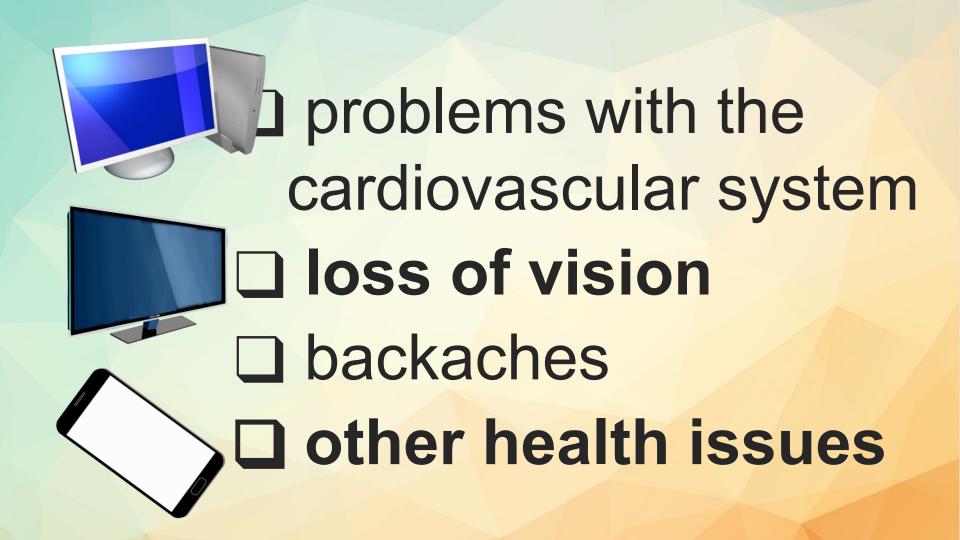


stick to some rules



## Physical whealth









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

## Physical whealth

Tasty things are not always healthy



We should prefer home-made meals







## Physical whealth

### **Bad habits**

- □ smoking□ drinking alcohol
  - □ taking drugs

□ kills more than 8 million people each year

where about 1 million are non-smokers

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

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.

### depends on

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



Stress



pressure and tension

#### The reasons for stress:

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

Changes for the better can also cause stress.

- getting marriedhaving a baby
- moving houses
  - entering a university

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



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

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



2 Depression

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

Many people with depression also

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

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

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

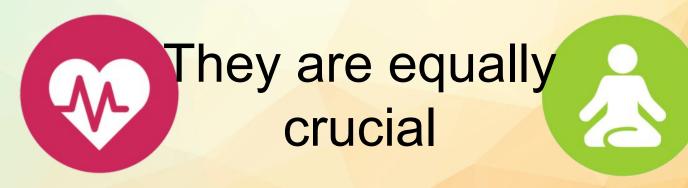
If it is a <u>severe depression</u>, a patient may need a complex treatment with medicines.



### Which is more important?

### Physical — Mental





# 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

