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## Health & Wellbeing

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### Introduction

Health & Wellbeing can be described as the achievement & maintenance of physical fitness & mental stability. According to WHO World Health Organization (1948) Health is a state of complete physical, mental & social wellbeing & not merely the absence of disease or infirmity.

According to ILO-International Labour organization defined Health as the promotion & maintenance of the highest degree of physical, mental & Social Wellbeing of workers of departures from health caused by their employment from risks resulting from factors adverse to health, the placing & maintenance of the workers in an occupational environment adapted to his physiological & Psychological capabilities & to summarise the adoption of work to man & of each man to his job.

Health is more than the absence of disease, it is a resource that allows people to realize their aspirations, satisfy their needs to cope with the environment in order to live a long productive & fruitful life. Health promotion is the process of enabling people. to increase control over & to improve their health. Environmental & social resources for health can include peace, economic security, a stable ecosystem & safe housing.

Health & Wellbeing are two concepts that are prominent Within the field of occupational Safety & health. Health & Wellbeing are essential elements to increase & maintain employee performance productivity, job satisfaction & engagement within the work environment.

### Objectives

1. To study health wellbeing
2. To study the achievement of wellbeing
3. To study the types of wellbeing

### Methodology

Secondary data is used for the collection of data. The necessary information was collected from books, Journals, Internet etc.

### Importance of Health & Wellbeing

Good health is about the mind as well as the body feeling physically fit & feeling good about ourselves means that we can go & achieve more of the things we want to do in life. Staying in good health is important to all of us & can become particularly important in later years.

Feelings of wellbeing are fundamental to the overall health of an individual, enabling



them to successfully overcome difficulties & achieve what they want out of life. Past experiences, attitudes & outlook can all impact wellbeing as can physical or emotional trauma following specific incidents. Children with learning developmental disorders may experience considerably more stress than typically developing children & this can impact both their health & Wellbeing. The same can be said for the parents & Careers of such children. who have to try & help them overcome their daily issues as well as enable them to prepare for what is coming in the future. A child's well being will be affected by the well being of their parents. So it is essential that parents take time for themselves in this respect.

### **Achievement of wellbeing**

So eat healthy & nutritious meals, add more fruits & vegetables in your diet, drink a lot of water, do regular physical activity & exercise, lose your extra weight, Wash your hands before eating a meal, protect your skin, get enough sleep, prevent substance abuse, Develop & maintain strong relationships with family & friends, Make Regular time available for Social contact, try to find work that you find enjoyable & rewarding rather than just working for the best pay.

Join local organisations or clubs that appeal to you, set yourself achievable goals & Work towards them, become involved in activities that you are interested in and make your lifestyle choices better.

### **Types of Well Being**

Types of well being are mental well being, physically active well being, social well being, workplace well being, societal well.

### **Mental Wellbeing**

Good relationships are important for your mental wellbeing. They can help you to build opportunities to share positive experiences. Provide emotional support & allow you to support others. There are lots of things you could try to help build stronger & closer relationships.

### **Physically Active Well Being**

Being Active is not only great for your physical health & fitness. Evidence also shows it can also improve your mental wellbeing by raising your self esteem. Helping you to set goals for challenges & achieve them. causing chemical changes in your brain which can help to positively change your mood. The ability to improve the functioning of your body through healthy living & good exercise habits. So that we can implement effective strategies in our daily lives.

### **Social Well Being**

The ability to communicate, develop meaningful relationships & others & maintain a support network that helps you overcome loneliness.

### **Workplace well Being**

We need to build skills that help us pursue what really matters to us. This can include



building professional skills which help us to meet our life goals & help us manifest things but it also includes things like living our values & maintaining work life balance. These skills let us enjoy our work more, helping us to stay focused, motivated & successful at work. When we have developed workplace well being, our work & therefore each day feels more meaningful. The ability to pursue your interests, values & life purpose in order to gain meaning, happiness & enrichment professionally.

### **Societal well Being**

We need to build skills that make us feel inter connected with all things. We need to know how to support our environment, build stronger local communities & foster a culture of compassion, fairness & kindness. When we cultivate societal wellbeing, we feel like we are a part of something bigger than just ourselves & live happily. The ability to actively participate in a thriving community, culture & environment.

### **Learn New Skills**

Research shows that learning new skills can also improve your mental wellbeing by boosting self confidence & raising self esteem. Helping you to build a sense of purpose. Helping you to connect with others. Even if you feel like you do not have enough time or you may not need to learn new things, there are lots of different ways to bring learning into your life.

### **Emotional Well Being**

The ability to practice stress management & relaxation techniques, be resilient, boost self-love & generate the emotions that lead to good feelings. To develop emotional well being we need to build emotional skills like positivity, emotion regulation, mindfulness, happiness skills & Resilience skills.

### **Give to others**

Research suggests that acts of giving & Kindness can help improve your mental wellbeing by creating positive feelings & a sense of reward. Giving you a feeling of purpose & Self Worth. Helping you connect with other people. It could be small acts of kindness towards other people or larger ones like volunteering in your local community. There is sufficient evidence that psycho- social stressors such as excessive work demands could increase job strain & thereby adversely impact on health & wellbeing.

Australian researchers try to measure wellbeing to count the number of individuals affected by a particular factor.

Wellbeing is important but seems a little hard to come by. One American study into mental health found that while one in four respondents was depressed only one five was happy, the rest fell somewhere between neither happy nor depressed. An Australian consumer study into well being showed that 58% wish they could spend more time on improving their health & Wellbeing. 79% of parents with children aged less than 18 years of age wish they could spend more time on improving their health & wellbeing, 83% are prepared to pay more



money for products or services that enhance their feelings of wellbeing.

Well being is associated with self perceived health, longevity, healthy behaviours, mental & physical illness, social connectedness, productivity & factors in the physical & social environment. Well being is a valid population outcome measure beyond morbidity, mortality & economic status that tells us how people perceive their life is going from their own perspective. Well being is an outcome that is meaningful to the public.

A person must consider many matters & behaviours in life in order to avoid diseases that interfere with his life & to know that illness may be part of the many trials that a person is exposed to.

### **Conclusion**

Well being should be free from all types of diseases. Well being increases our life. Well being is the most important role for the overall development. So health is our wealth

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