Health, Wellness and Wellbeing

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**Health**: is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity.

In 1986, the WHO reported that: Health is a positive concept emphasizing social and personal resources, as well as physical capacities."

Most people accept that health can be divided into two broad aspects - physical and mental health.
1-Physical health:

For humans, physical health means a good body health, which is healthy because of regular physical activity (exercise), good nutrition, and adequate rest. As a country's or region's people experience improved nutrition, health care, standards of living and quality of life, their height and weight generally increase.
Physical wellbeing is defined as something a person can achieve by developing all health-related components of his/her lifestyle. Fitness reflects a person's cardiorespiratory endurance, muscular strength, flexibility, and body composition. Other contributors to physical wellbeing may include proper nutrition, body weight management, abstaining from drug abuse, avoiding alcohol abuse, responsible sexual behavior (sexual health), hygiene, and getting the right amount of sleep.
2-Mental health:

Mental health refers to people's cognitive and emotional well-being. A person who enjoys good mental health does not have a mental disorder. According to WHO, mental health is "a state of well-being in which the individual:

1. Realizes his or her own abilities,
2. Can cope with the normal stressors of life
3. Can work productively and fruitfully, and
4. Is able to make a contribution to his or her community".

WHO says the main determinants to health are:

1. The person's individual characteristics and behaviors
2. The physical environment
3. The social and economic environment.
According to WHO, these factors (determinants), include the following, among others:

1. **Socioeconomic status** - the higher a person's socioeconomic status is the more likely he/she is to enjoy good health. The link is a clear one. Socioeconomic status affects all members of the family,
2. **Education** - people with lower levels of education generally have a higher risk of experiencing poorer health. compared to people with higher academic qualifications. A person with a high level of education will probably have higher self-esteem.
3. Physical environment - if your water is clean and safe, the air you breathe is pure, your workplace is healthy, your house is comfortable and safe, you are more likely to enjoy good health compared to somebody whose water supply is not clean and safe, the air he/she breathes is contaminated, the workplace is unhealthy
4. Job prospects and employment conditions - if you have a job, statistics show you are more likely to enjoy better health than people who are unemployed. If you have some control over your working conditions your health will benefit too.
5. Support from people around you - if you have family support, as well as support from friends and your community, your chances of enjoying good health are far greater than somebody who has none of these things.
Culture - the traditions and customs of a society and how a family responds to them play an important role in people's health. The impact could be either good or bad for health. The tradition of genital mutilation of women has an impact on infection rates and the mental health of millions of girls and women in many countries.
7. Genetic inheritance - people's longevity, general health, and propensity to certain diseases are partly determined by their genetic makeup.

8. Access and use of health services - a society that has access and uses good quality health services is more likely to enjoy better health than one that doesn't. For example, developed countries that have universal health care services have longer life expectancies for their people compared to developed countries that don't.
What is wellness?

Wellness "is a state of optimal well-being that is oriented toward maximizing an individual's potential. This is a life-long process of moving towards enhancing your physical, intellectual, emotional, social, spiritual, and environmental well-being."
Components of wellness

1- Physical Wellness: It concentrates on getting in shape, shedding extra pounds, rejuvenate body with healthy eating, restful sleep, exercise and a new look. In order to attain physical wellness, person must jog, swim, play games and sports, spent time daily outdoor breathing in fresh air, etc.
2-Social Wellness: It focuses to improve social and communication skills of an individual. In order to promote social wellness, a person must create a positive and lasting first impression, be distinguished, earn respect, speak in public, articulate your thoughts, make others feel important, visit neighbors and friends, etc.
3-Emotional Wellness: It aims to get more out of every day with laughter and enjoyment, to reduce stress. In order to promote emotional wellness, a person must avoid overload, watch comedy films, lighted up and learn to laugh, distance oneself from drama and chaos, seek the help of therapist (if needed), take an anger and stress management activities etc.
4-Spiritual Wellness: It emphasizes on spiritual renewal and inner peace. To promote spiritual wellness, a person must be true to him/her self, build character, create a life of order and do meditation, perform prayer, faiths, learning صلاة وعبادات, and respect to religion.
5-Nutritional Wellness: It focuses to achieve maximum energy levels through healthy eating. In order to attain nutritional wellness, an individual must reduce fat, eat more raw fruits and vegetables, eat less fried food, serve healthy food at home, eliminate junk food.
6-Relationship wellness: It focuses on recapturing the spark and zeal of personal relationships. In order to promote relationship wellness, a person must laugh, love, live, fix a special meal, dress up for no particular reason, be patient, go out on a date once a week etc.
7-Financial Wellness: It focus on people to establish financial bonds. In order to foster financial wellness a person must create money management goals, spend less money, get out of debt, set up saving plan, donate some savings to a charity, shop garage sales and online auctions.
8-Personal Wellness: It emphasizes to enrich personal life of an individual through growth and change. In order to accomplish this aim, a person must see a fashion consultant to keep himself/herself update, whiten teeth, lose weight, polish shoes, get a new piece of jewelry, clean bedroom and other living spaces, prevent injuries and observe safety.
Thanks for listening