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Introduction

The term Health Promotion was coined in 1945 by Henry E. Sigerist, the renowned medical historian, who defined the four major tasks of medicine as promotion of health, prevention of illness, restoration of the sick and rehabilitation. His statement that health was promoted by providing a decent standard of living, good labor conditions, education, physical culture, means of rest and recreation and required the coordinated efforts of statesmen, labor, industry, educators and physicians, found reflections forty years later in the Ottawa Charter for health promotion. Sigerist's argued that the promotion of health obviously tends to prevent illness, yet effective prevention calls for special protective measures, emphasized the consideration given to the general causes in disease causation along with specific causes as also the role of health promotion in addressing these general causes.

Although it is commonly accepted that the basic concepts of Health Promotion have been developed in the last few decades, they have their roots in ancient civilizations and in particular in Greek antiquity. As evident from medical and philosophical documents of the sixth to fourth centuries B.C., the ancient Greeks were the first to break with the supernatural conceptions of health and disease that had so far dominated human societies. The ancient Greeks developed the physiocratic school of thought, realizing that maintaining good health and fighting illness depend on natural causes and that health and disease cannot be dissociated from particular physical and social environments or from human behavior. In this context, they defined health as a state of dynamic equilibrium between the internal and the external environment, they take into consideration the physical and social determinants of health, they empowered individuals and communities through new democratic and participatory institutions, they gave emphasis in health education and skill development, they recognized the importance of supportive environments and of healthy public policy and they re-oriented medicine toward a more naturalistic and humanistic perspective.

Several materials were contributed to health promotion, including the American Journal. The American Journal contributed information on Health Promotion. It is called a peer-reviewed journal on the science of lifestyle change. Peer-reviewed publication refers to a scholarly publication. The peer-review process subjects an author's scholarly work, research or the ideas to the scrutiny of others who are experts in the same field. The journal was established in 1986. The

American Journal Health Promotion was the first peer-reviewed publication devoted exclusively to health promotion. More than thirty years later it remains true to its original goals. The goals include:

- a. Provide a forum for the many diverse disciplines that contribute to health promotion
- b. Reduce the gap between health promotion research and practice by delivering the most current and relevant research in the field while addressing its practical application.

The first International Conference on Health Promotion was held in Ottawa, Canada in 1986, and was primarily a response to growing expectations for a new public health movement around the world. It launched a series of actions among international organizations, national governments and local communities to achieve the goal of Health for All by the year two thousand and beyond. The basic strategies for health promotion identified in the Ottawa Charter were:

- a. Advocate to boost the factors which encourage health
- b. Enable or allowing all people to achieve health equity.
- c. Mediate through collaboration across all sectors.

Since then, the World Health Organization Global Health Promotion Conferences have established and developed the global principles and action areas for health promotion. Most recently, the 9th global conference (The 9th Global Conference in Health promotion in Shanghai, 2016), titled 'Promoting health in the Sustainable Development Goals: Health for all and all for health, highlighted the critical links between promoting health and the twenty three Agenda for Sustainable Development Goals. Whilst calling for bold political interventions to accelerate country action on the Sustainable Development Goals, the Shanghai Declaration provides a framework through which governments can utilize the transformational potential of health promotion <https://www.who.int/health-topics/health-promotion#tab=tab>.

Health promotion represents a comprehensive social and political process, it not only embraces actions directed at strengthening the skills and capabilities of individuals, but also action directed towards changing social, environmental and economic conditions so as to alleviate their impact on public and individual health. Health promotion is the process of enabling people to increase

control over the determinants of health and thereby improve their health. Participation is essential to sustain health promotion action. The Ottawa Charter identifies three basic strategies for health promotion. These are advocacy for health to create the essential conditions for health indicated above; enabling all people to achieve their full health potential; and mediating between the different interests in society in the pursuit of health. These strategies are supported by five priority action areas as outlined in the Ottawa Charter for health promotion:

1. Build healthy public policy
2. Create supportive environments for health
3. Strengthen community action for health
4. Develop personal skills, and
5. Re-orient health services

The Jakarta Declaration on Leading Health Promotion into the 21st Century from July 1997 confirmed that these strategies and action areas are relevant for all countries. Furthermore, there is clear evidence that: Comprehensive approaches to health development are the most effective. Those that use combinations of the five strategies are more effective than single-track approaches; Settings for health offer practical opportunities for the implementation of comprehensive strategies; Participation is essential to sustain efforts. People have to be at the center of health promotion action and decision-making processes, for them to be effective; Health literacy and health learning fosters participation. Access to education and information is essential to achieving effective participation and the empowerment of people and communities.

For health promotion in the 21st century the Jakarta Declaration identifies five priorities:

- a. Promote social responsibility for health
- b. Increase investments for health development
- c. Expand partnerships for health promotion
- d. Increase community capacity and empower the individual
- e. Secure an infrastructure for health promotion.

According to (Health Promotion Glossary, 1998) Health promotion is referred to the process of enabling or empowering people to increase control over, and to improve their health. Health

promotion is a means of increasing individual and collective participation in health action and strengthening programs through the integrative use of various methods. Health promotion methods include information, education and communication, social mobilization, mediation, lobbying and advocacy. These methods are especially relevant in mobilizing non-health sectors to contribute to health development. These methods are combined through comprehensive approaches which ensure action at all levels of society, leading to enhanced health impact.

The Concept of Health

While some researchers argued that the word health is an indefinable word, others also believe the term can be defined. As a matter of fact, the meaning can be individually viewed from various perspectives. A variety of definitions have been used for different purposes overtime. Health, as the World Health Organization defines, is the state of complete physical, social and mental well-being and not just the absence of disease or infirmity, and the ability to lead a socially and economically productive life. Thus health means:

1. There is no obvious evidence of disease and that the person is functioning normally
2. Several organs of the body are functioning adequately as well as in relation to one another.

With the above explanation in mind, we can agree therefore, the enjoyment of highest attainable standard of health is considered as one of the fundamental rights of every human being. Being healthy should be part of one's overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long term illnesses. My opinion therefore is, feeling good about yourself and taking care of your health are important contributors to build self-esteem and self-image. It is important to maintain a healthy lifestyle by doing what is right for your body. To maintain a healthy lifestyle include having a regular exercise routine daily, be conscious about your food intake, engage yourself in the things you are passionate about, and surround yourself with positive energy.

The statement that health is achieved through the interaction between people and their environment is said to be true, however, most people who consider themselves healthy are not. And many people, who are suffering from some known disease, may be relatively healthy. I am in total agreement with this statement and here is my reason. My cousin got four strokes over a three year period. A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing the brain tissue from getting oxygen and nutrients. All of these signs were quite eminent and the outlook was dim. She survived them all. In contrast, my other cousin who was considered healthy as he had no known disease, got sick and was diagnose a diabetes patient, received an heart-attach, and died in a less than a year. Our thoughts told us the cousin

who received multiple strokes would have died, but her will power to live motivate her to pull true, while the other cousin looked healthy on the outside but was not on the inside.

Health is a concept which does not merely relate to the absence of disease, of healthy working of organs, or having good thoughts. Health is a holistic concept that considers multidimensional aspects of wellness. It relates to a person as a whole. Not just the person you see, but also the person you feel. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual. Health is a tri-une of three parts which include emotional health, mental health, and physical health. Let us examine some of these areas.

Emotional health, mental health, and physical health are not separate components. You cannot have a healthy mind without a healthy body or healthy emotions and vice-versa. The degree to which one of these components is affected can vary from person to person, but in the end it is the person as a whole that is affected. Technically speaking, our emotions are neuro-hormonal reactions occurring in response to some physical or mental stimulus, which in turn, affect our response to the same stimulus on the physical and mental plane. This explanation may be difficult to understand, but it is a fact. Emotions do not come from our heart; they are generated in our brain. The emotions we feel are love, joy, hate, anger, sorrow, guilt, and gladness; however, they are nothing but some primitive algorithms that are processed to generate response on the physical and mental level.

The way we interpret and respond to the world around us make up who we are and contribute to our quality of life. The American Psychological Association defines emotion as a complex reaction pattern, involving experimental, behavioral, and psychological elements. Clearly, emotions are how individuals deal with matters or situations that are personal and significant.

The National Institutes states that emotional health is an important part of overall health. How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time <https://www.nih.gov/health-information/emotional-wellness-toolkit>. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. The People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from

setbacks. They feel good about themselves and have good relationships. Being emotionally healthy doesn't mean you are happy all the time. It means you're aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor. Let me give an example. While doing my first degree at university, I had a break up that almost ruined my studies. I realized my emotional health was being affected to the point where happiness was slowly slipping from me, and anger and resentment were now taking residence. At that point, being conscious of the situation, I quickly went to the school's doctor office, where he referred me to see the guidance counselor. Our talks were meaningful, and eventually, I bounced back and was successful in finishing my course.

While my story turned out positive, others sometimes turn out negative. My colleague had the same experience, but could not cope with the hurt and pain. She failed all her courses that semester, and had to sit out for a year. Many people believe they are emotionally healthy, however, when faced with problems, their emotions get the better of them, and they are overcome by hurt. Scientists have discovered our emotions are caused by our thoughts. Feelings like sadness and anger people have response to different thoughts and situations. Sometimes people can also feel more than one emotion at the same time, like feeling both excited and scared, are often caused by our thoughts. This means two people could be in the same situation, but they might feel different emotions because they have different thoughts.

The second element is mental health. An article in the Psychiatry journal states that mental health officially began as its own field of study in 1946 during the International Health Conference. During this conference the World Health Organization was also founded. Its constitution stated that mental well-being plays an important part of overall health, even in the absence of psychiatric. Before mental health, mental hygiene was a term used in the 19th and 20th centuries that refers to the impact that mental processes have on overall health condition. In 1908, a mental movement was found in the United States. Its goal was to advocate for the mentally sick, or people who had psychiatric conditions in a humane way as historically, people who suffers with mental sickness were abused, neglected, and lack the care and attention needed.

We often use the term, mental health. Mental health is used in reference to conditions such as depression, anxiety, post-traumatic stress disorder, and schizophrenia. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. When we talk about mind, we basically refer to our capability to perceive, comprehend, think, judge, and remember the intellectual and reasoning faculties.

Let us pause for a moment and think. Think about all the people you know, who have rather strange perceptions of people around them, or about certain cultural and political ideologies, people whose perceptions are delusional. Think about the people around you who need to be told everything twice before they understand you. Think about the people who either do not think at all, thoughtless ones, or who think too much. Think about the people who make wrong decisions even when facts are against their decision. And then think about the children at school who do not seem to remember anything, or the housewife who searched for her spectacle while wearing them on her nose.

While we do not intend to say that all such people are mentally ill, but many of them are. We will agree that not everyone can have the same level of mental faculties, but these signs do show that these people are not in their optimum mental health. I will not talk here about the mental sickness that takes some of us to asylums. My focus here is on the concept of mental health and not on mental sickness. Although they are totally related but there is a difference of degrees.

There is no absolute definition for mental health as there is a great variation in the level of mental faculties among people. But still we can set some reasonable standards. Some of the markers of mental health can be:

- Having a mental aptitude near or above social average.
- Having the ability to perceive things as they are, and not as one thinks they are.
- Having the ability to understand the social structure and ability to comprehend vocal and other forms of communication within that social structure
- Having a reasonable ability to make judgments regarding good and bad or right and wrong.

- Having the ability to remember and reproduce information collected through various senses or through learning to a reasonable degree.

These are just some of the basics and even these cannot be given a measuring scale. The only measuring scale we have is that of social average. But even that has its limitations. The concept of mental health is so vast that whole books can be written about it- without reaching to any conclusions.

Researchers state that modern medical science does not consider a person mentally ill, if he or she cannot be given a diagnosis. But look around you will see so many mental people moving around. Some people lives on the streets, while some lives in our homes, and some mentally ill persons actually work in the same organization we work. It is reasonable to say, most of us are unable to recognize when our mental health starts to fail. The reason for this is that when our mind is affected, our ability to reason and judge ourselves is also affected, and so people often do not realize that they are not in optimum mental health, until the things start taking bad shape. As we appreciate changes in the normal functioning of body parts as probable signs of disease, similarly, we should appreciate the subtle signs which reflect a change in our mental being. Most mental deviations cannot be labeled as disease, but can be considered the best deviations that need correction through social and medical therapies.

The saying is true that there is no good health without good mental health. Some years ago, though perfectly fine, I had the privileged to attend a presentation on mental health .This workshop was put on by the Ministry of Health for men, single parents, marriage couples, and those who are single. The aim of this presentation was to help persons believed were suffering from depression. A number of persons who were brave enough to seek help for the situations they encountered attended the presentation. After the presentation, they encouraged to take the mental health test. The mental health test asked a number of questions. The participants were asked to be honest with their answers. Psychiatrists were on hand to counsel with these patients. Today, I have heard the testimony of some of these patients. Their testimonies are now helping other people who are depressed to seek help as their situation can get better. Here is a sample mental health test questions that I have developed.

Sample Mental Health Test Questions

Sample Mental Health Test

1. You are always feeling down, sad or hopeless
2. You no participate in the things you normally enjoy
3. You find yourself crying a lot
4. You have little or no interests in sexual activities
5. You are not getting enough sleep or you are sleeping too much
6. There is a drastic change in your appetite. You are eating too much or too little
7. You are thinking of death or suicide a lot
8. Most times you feel worthless or guilty
9. You are involved in activities that may harm you like drinking alcohol, taking drugs or driving while drunk.

Table 1 sample mental health test

Table 1 above is a sample mental health test questions that will help persons to identify if they are suffering from mental health condition. If their answer is yes to four or more of these questions they need to seek help.

Like the renowned neurosurgeon, Doctor, Ben Carson in his book entitled 'Think Big', he made mention of his mother who would often went into some kind of psychiatric problems and had to check in some hospital ever so often. Clearly, her story was a rocky one that sent her into depression quite often. Had she gotten help sooner, maybe her story would have been different. Mrs. Soyna Carson was able to identify with her situation and seek help. I am definitely mentally aware, and is motivated to promote mental health and to encourage persons to seek help and live.

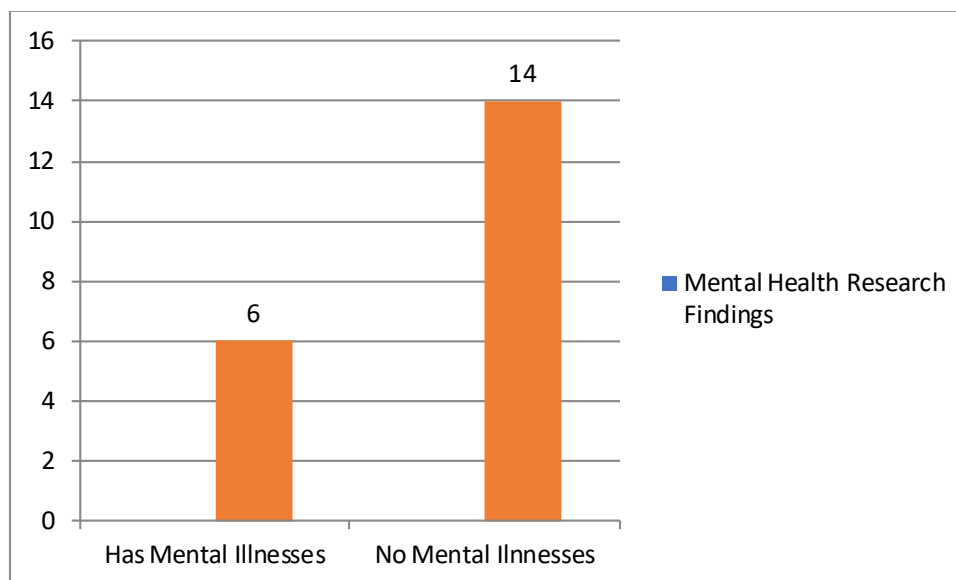


Fig. 1 above shows findings from pie-chart

Mental Health Research Findings from questionnaire reflected as Bar Graph.

From the 20 participants who participated in the mini, study 6 suffer from mental health illness, while the other 14 seems to be normal. This is shown in the Pie chart in Figure 2 as percentage. The 6 persons suffered from mental health said they can identify with a number of factors listed below and said to have done nothing to help themselves. These include:

- Childhood abuse, trauma, or neglect.
- Social isolation or loneliness.
- Experiencing discrimination and stigma, including racism.
- Social disadvantage such as poverty and or debt
- Loss of a loved one
- Severe or long-term stress
- Having a long-term physical condition

The other 14 participants' agree that they too can identify with some of the factors above, however, they try to establish a balance between various aspects of their lives. They mentioned aspects such as: social, physical, mental, emotional, spiritual, and emotional. When ask about their coping mechanism, the participants place emphasis on practicing good lifestyle habits. The lifestyle habits include:

- Healthy eating
- Getting plenty rest or sleep
- Keeping active or exercise 3-5 times per week
- Actively engaged in activities that promote relaxation and well-being (meditation and breathing exercises, yoga)
- Reduce sugar intake
- Stop completely or reduce smoking

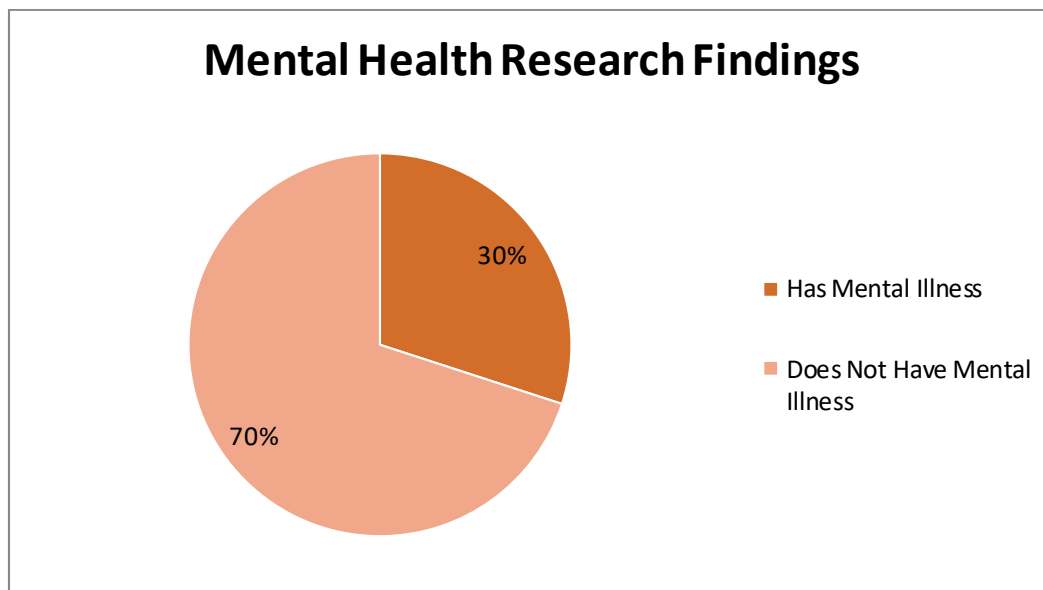


Fig. 2 shows percentage in participants in mental health test

Figure 2 above shows that 30% of those who participated had mental illnesses. Based on the follow up survey these persons were not actively maintaining their social circle. This further emphasizes the need to:

- Maintain or have positive relationships with people around such as : family, friends, neighbors, and coworkers
- Participate in regular activities that you enjoy
- Avoid isolating yourself especially when facing a difficult situation

Researchers believe these findings if practiced regularly will aid in having good health.

Physical Health is also a very important aspect, and a person's health is not just the absence of diseases and disorders. But unfortunately, our physical conditions are frequently manifested by stress or imbalances within other aspects of life. That is why we need to recognize all the aspects of physical health, to maintain good health, and to create a balance between all aspects so that they work best for us <https://theworldbook.org/aspects-of-physical-health/>. Physical health is another crucial component of health promotion. This is probably the easiest to define and yet it is sometimes the most difficult to understand. Physical health can be defined as a state in which all the body parts are anatomically intact and are performing their physiological functions perfectly and harmoniously. It is a very simplistic definition, but it basically covers everything like:

- All the body parts should be there
- All of them are in their natural place and position
- None of them has any pathology
- All of them are doing their physiological functions properly
- And they work with each other harmoniously

Evidently, physical health definition might be more focused on being able to live comfortably and to do the things that you want to do. So then, the more accurate definition of physical health could be the ability to perform daily tasks and live comfortably in one's body'. Traditionally, physical health might have been understood as your physical body being free of disease or disability but as our healthcare has improved and people have started living longer and living with many different conditions, this definition has really evolved to reflect that concept.

Research has proven that physical health is correlated with mental health because good physical health leaves a better personal feeling in the long term <https://youtu.be/REtcF5qjm7Q?t=95>. Additionally, the American Heart Association, states that physical activity boosts mental wellness. They agree that regular physical activity can relieve tension, stress, anxiety, depression, and anger. I am in total agreement with this statement, as engaging in physical activity in different forms of exercises will have a buffering effect on the relationship between

life and illness. Physical activity at least three to five days per week allows me to function at the peak of my capacity, and causes my body to be strong. You also feel a good sensation immediately following your physical activity, and most people also note an improvement in general well-being over time as physical activity becomes a part of their everyday routine.

To summarize the concept of health, exercise increases the emission of alpha waves that are associated with relaxation and meditation-like states, reducing anxiety and depression. Exercise enhances the neurotransmitter activity in the brain, altering levels of norepinephrine, dopamine and serotonin in the brain, decreasing depression and schizophrenic behavior. It is clear that physical fitness is positively associated with mental health exercises which reduce stress emotions such as the state of anxiety. While discussing physical, mental, and emotional health, I must speak to the causes for the derangement of health. Some of the most common factors affecting our health include:

- Genes – Our genes are inherited from our parents. Genes are one of the biggest factors in deciding the way in which our health gets deranged. They also decide which plane is affected the most in a particular person. Defective genes sometimes directly result in diseases.
- Life-style and Social factors – Our contemporary life style is the second biggest factor for failing health of people. Increasing sedentary habits, long working hours, reduced rest hours; diet containing highly processed food, poor in fiber content and with loads of artificial colors and flavors; increased anxiety and tensions related to education, career, job, performance, are some of the factors that are responsible for decreasing the health status of our society at large. Coupled with environmental factors and allopathic drugs, these factors are playing havoc with our health.
- Allopathic Drugs – Even allopaths say that allopathic drugs are one of the biggest causes of health problems today. Allopathic drugs not only have their side effects, but their excessive use is decreasing the immunity level of our society at large. The pill-popping culture is an open invitation to chronic ailments. People keep suppressing their ailments and keep working until their body finally gives up.

- . Environmental factors – Increasing pollution of our air, water, and earth is a well-known factor in the increasing level of many diseases. There is a high level of asthma and the allergic complaints in urban areas. Depleting ozone layer is a known factor in increasing rate of skin cancers. Noise pollution is a recognized factor in increasing anxiety and stress levels in our society.

Spiritual health influence social health. Spiritual health includes a purposeful life, wholeness and actualization of different dimensions and capacities of human beings. Spiritual health creates a balance between physical, psychological and social aspects of human life. Social health is a term that refers to the ways in which people create healthy and positive interpersonal relationships with one another. Having good social health helps people improve their emotional wellbeing and feel supported in their daily lives. Some research shows a connection between your beliefs and your sense of well-being. Positive beliefs, comfort, and strength gained from religion, meditation, and prayer can contribute to well-being. It may even promote healing. Improving your spiritual health may not cure an illness, but it may help you feel better

https://youtu.be/8gZ_JbDgERs?t=74.

Introduction II

Paradigms in Health

According to (A. & Afifi , 1994) a paradigm is a fundamental unit that cannot be reduced to smaller components and serves as the basis for abstracting laws, theories, and points of views that enrich the scientific and professional activity in a given field. He further argued some scientific disciplines and professions, such as physics and medicine, are sufficiently mature that it is fairly easy to describe their unique focus and draw their boundaries. Quite to the contrary, and by its very nature, the field of public health is multidisciplinary meaning; it combined or involved several academic disciplines or professional specifications in an approach to a topic or problem. This characteristic leads to difficulty in understanding it as a whole and defining its operations. However, in order to have a clear understanding, we must carefully note the underlying scientific disciplines and professions, feeding into public health. The scientific disciplines include biomedical sciences, statistics, physical sciences, economics, and socio-behavioral sciences. It is also essential that workers in the several disciplines of public health understand and serve the practice of public health. Commitment to that principle characterizes the profession of public health which, in turn, draws upon several other professions.

There are two different approaches or models of medicine. These two models of health are called Allopathic and Holistic. Allopathic is another term for our modern western medicine, which in the United States is the dominant one and the one most familiar to the masses. The other, the holistic model, also known as alternative, is commonly associated with older ideas that originated in the east. In the early 19th century, German doctor Christian Friedrich Samuel Hahnemann coined the term allopathy. This was done to make a clear distinction between conventional medicine and homeopathy, a type of alternative medicine. Allopathy originates from the Greek word, *allos*, which means other, and *'pathia'*, which means 'suffer'. The expression implies that medicinal treatment should produce the opposite effect of the disease or suffering. Allopathic medicine is a health system in which medical doctors, nurses, pharmacists, and other healthcare professionals are licensed to practice and treat symptoms and diseases. Treatment is done with, medication, surgery, radiation, other therapies and procedures

<https://www.healthline.com/health/allopathic-medicine>.



Fig. 3 shows example of allopatic medicine



Fig. 4 Shows packages of allopatic medicine

This first paradigm of thinking when it comes to medicine is the modern-day allopatic approach. This model of care has behind it an idea that there is a separation between the body and mind. The mind is seen as secondary to the body. Illnesses that are seen as psychosomatic are to be fixed in the mind and perhaps the patient would even be referred to a psychiatrist. The training of a medical doctor in this approach rests primarily on looking to quantitative information like research and charts. It does not matter who the observer is the same results should be achieved. This approach views the other as being outdated and sometimes even uncivilized.

By way of explaining the allopatic model, when examining the patient, the allopath physician looks mainly for symptoms. The allopath is taught to look for specifics; something that could be labeled and classified. If a patient were to go a doctor who is a General Practitioner of Medicine, he or she, would most likely make a routine check of the individual's vital signs to start to see if there were any evidence of what could be deemed illness. If there were not any evidence of what could be deemed illness. If there were not any to be found then the doctor would most likely investigate further.

In contrast, the holistic concept in medical practice, which is distinct from the concept in the alternative medicine, upholds that all aspects of people's needs including psychological, physical and social should be taken into account and seen as a whole. The holistic practitioner also would examine the vital signs of the individual but would also try to see patterns in the individual's general health and to note them to be found then the doctor would most likely investigate further. The holistic practitioner also would examine the vital signs of the individual but would also try to see patterns in the individual's general health and to make a note of them.



Fig. 5 and 6 show pictures of me promoting health by buying fresh fruits from the supermarket while encouraging healthy eating.

The second paradigm of thinking, the holistic model believes that there is a connection not only between the body and mind but also the soul something not often considered in the allopathic ideal. The mind is either primary or at least as equal to the body in respect to importance. A holistic approach means to support the look of the whole person, not just their mental needs. The support should also consider their physical, emotional, social and spiritual wellbeing. The idea of body mind as it is called is something to be considered by all health care professionals.

Information is based on qualitative information from the patient and from the professional's own intuition, quantitative data is an adjunct. This approach to medicine sees the allopathic approach as one that is too limiting.

Some practitioners of holistic medicine use alternative medicine exclusively, though sometimes holistic treatment can mean simply that a physician takes account of all a person's circumstances in giving treatment. Sometimes when alternative medicine is mixed with mainstream medicine the result is called holistic medicine, though this is more commonly termed integrative medicine. According to the American Holistic Medical Association it is believed that the spiritual element should also be taken into account when assessing a person's overall well-being. These healthcare

practitioners work in partnership with their patients or clients and encourage a holistic approach to wellness. a holistic practitioner is taught to have an emphasis on human values. Holistic health is a diverse field in which many techniques and therapies are used. This may include diet, exercise, psychotherapy, relationship and spiritual counseling <https://youtu.be/7i5T3Fht1hs?t=57>. Allopath does more of the work in our modern medicine and believes primarily in intervention. As a treatment, he mainly uses drugs and surgery. On the other hand, holistic model prefers minimal intervention when it comes to technology. A holistic practitioner would place emphasis primarily on instructing the patient to make changes in that individual's lifestyle, since this is where the illness began this is where it should be treated. Medication is seen as a quick fix that glosses over the problem, the cause. Nutrition is of vital importance to the holistic practitioner. If any treatment were employed it would then be complemented by this. Allopathic or holistic both agree that a healthy diet is imperative to health. Allopathic medicine is what people know as modern or Western medicine. It is an evidence-based system of care, which relies on data from clinical trials and studies to develop more effective treatments.

Introduction III

Relation Mind-Body



Fig. 7. Shows the connection between mind and body

The mind-body connection is arguably the link between a person's thoughts, attitudes, and behaviors and their physical health. Naturally humans are characterized as having both a mind non-physical and body or brain physically. Some researchers maintained the position our body is internally connected with our mind; more precisely, the body is a reflection of our mind. For example, if you ever have teeth, ear, head or stomach ache, your body immediately responds to this pain. It stops thinking correctly because it is worried, disturbed, and outraged. Clearly, if you are depressed, then the body is grossly affected and reduced, too, because in such a case, it cannot function properly. The mind body connection is how our body responds to stress. If you constantly worry over things like lack of jobs opportunity, lack of finances, or other problems can likely cause tense muscles, pain in the body. It may lead to high blood pressure or other serious complication in the body. For this reason Wilhelm Von Humboldt reminds us that true enjoyment comes from activity of the mind and exercise of the body; the two are ever united.

In the following decade, Hungarian-born scientist Hans Selye, MD, pioneered the field of stress research by describing how the wear-and-tear of constant stress could affect us biologically <https://youtu.be/h1aR1KLFefA?t=210>. Since then, scores of scientific breakthroughs have illuminated the mind-body connection in health. Experimental psychologist Neal Miller, PhD, discovered that we can be trained to control certain physical responses, such as blood pressure, that were previously considered to be involuntary. This discovery gave birth to biofeedback, which has now been found to be effective in the treatment of anxiety, attention deficit disorder, headache, hypertension, and urinary incontinence.

Harvard cardiologist Herbert Benson, MD, identified the flip side of the stress response, which he called the “relaxation response.” https://youtu.be/KZ7JfC3_Zgc?t=255. Benson demonstrated that meditation, yoga, and other relaxation techniques can bring about physiological changes including a lower heart rate, lower breathing rate, and decreased muscle tension along with positive changes in brain waves. Mind-body techniques that elicit this relaxation response have been successful in treating many stress-related disorders. To an extent I agree with Doctor Benson that relaxation response work in some situation. As educators, from time to time our work load become overbearing and of course, mind-body techniques assisted us in reaching recovery point. We talk about how we feel, find some funny stories to laugh at, participate in physical activities, reached out to the guidance counselors, and listen to our favorite music and pray. It must be noted however, in some instances, visit to the doctors are essential as only you can study your body and know exactly when that is necessary.

While Doctor Benson supports the relaxation responses technique, Doctor Walter Cannon, identifies and supports the fight or flight responses which began in the 1920s and is considers the age-old tenet of medical wisdom. The fight-or flight response is a process through which the body secretes hormones called catecholamines, such as epinephrine and non-epinephrine. Cannon believes when they enter the blood stream, these hormones produce changes in the body such as a quickened heart or increased breathing rate that put the person in a better physical state to escape or confront danger. The fight to flight responses often showed up in several situations, including slamming on the brakes when the car in front of you stops suddenly and the encounter of a growling dog while attempting to pass the neighbor’s house during your morning walk. The examples above can happened when faced with physical danger. Another example that may a result of psychological threat is preparing for a presentation at school, work or a function. Most definitely, the fight to flight response also known as the acute stress response refers to a physiological reaction that mostly occurs when we faced something that is mentally or physically terrifying. In this case, when our bodies are triggered by the release of hormones, we may stay and deal with the threat or to run away to safety. Frankly speaking, if I were to choose between the two, I would choose the relaxation response technique as It is quite clear you identify the stress level, you can use physical activity to relieve muscle tension and find support group to receive emotional support to indirectly helps to sustain you in time of chronic stress and crisis.

Additionally, chronic or long-term stress, however, poses a problem. If you repeatedly face challenges and your body is constantly producing higher levels of hormones, it doesn't have time to recover. Stress hormones build up in the blood and, over time, can cause serious health problems; hence emergence health psychology was introduced.

The field of health psychology emerged in the 1970s initially in the United State of American to address the rapidly changing field of healthcare. It developed from a range of precursor movements including psychosomatic medicine. Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It is concerned with understanding how psychological, behavioral, and cultural factors contribute to physical health and illness. Psychological factors can affect health directly. For example, chronically occurring environmental stressors affecting the hypothalamic pituitary adrenal axis, cumulatively, can harm health.

Behavioral factors can also affect a person's health. For example, certain behaviors can, over time, harm persons such as: smoking, excessive alcohol consumption while exercise, low fat diet can enhance health. Health psychologists take a bio-psychosocial approach. In other words, health psychologists understand health to be the product not only of biological processes such as virus, tumor, but also of psychological which refer to thoughts and beliefs, behavioral to include one's habits, and social processes to include socioeconomic status and ethnicity.

By understanding psychological factors that influence health, and constructively applying that knowledge, health psychologists can improve health by working directly with individual patients or indirectly in large-scale public health programs. In addition, health psychologists can help train other healthcare professionals to include physicians and nurses to take advantage of the knowledge the discipline has generated, when treating patients. Health psychologists work in a variety of settings: alongside other medical professionals in hospitals and clinics, in public health departments, working on large-scale behavior change and health promotion programs, and in universities and medical schools where they teach and conduct research.

The field of clinical psychology has four different divisions within health psychology and one related field, namely, occupational health psychology, which have developed over time. The four

divisions include clinical health psychology, public health psychology, community health psychology, and critical health psychology.



Fig. 8 is a picture of me, nurse and a resident at a nursing home in Jamaica

I visited the Rock of Hope Manor in Saint Catherine, Jamaica couple days ago. This nursing home offer extensive care to the elderly and the disabled. Nursing homes like this one offer help with bathing, getting dressed and eating as well as skilled care. Skilled nursing care is given by a registered nurse and includes medical monitoring and treatments. The patient seated on the chair is my sister who has some form of disability. She can do most things except cooking and travelling on the road by herself. We placed her in a nursing home to receive daily care and attention as we all work. The lady standing by her is one of the nurses who care for her. Permission was given to use her picture.

The discussion focused on her overall diet and ways in which we could introduce exercise in her daily routine. This concerned me as she has gained too much weight in a couple months. We spoke about things she can do around the manor to get her actively involved. We all agree to allow her to hang out clothes on the line after wash, fold clothes and put them away, and walk outside in the mornings at least three times per week when the weather is fine. She will be placed on a low fat diet to keep her weight down as being overweight is not healthy for living. I will continue to advocate for behavioral changes starting with my family and friend to alleviate stress and illnesses and to enjoy a healthier life.

It is quite fitting to be well-informed of the origins and development of Health psychology. Researchers believed psychological factors in health had been studied since the early 20th century by disciplines such as psychosomatic medicine and later behavioral medicine, but these were primarily branches of medicine, not psychology. Health psychology began to emerge as a distinct discipline of psychology in the United States in the 1970s. In the mid-20th century there was a growing understanding in medicine of the effect of behavior on health. For example, the Alameda County Study, which began in the 1960s, showed that people who ate regular meals example: breakfast, maintained a healthy weight, received adequate sleep, did not smoke, drank little alcohol, and exercised regularly were in better health and lived longer. In addition, psychologists and other scientists were discovering relationships between psychological processes and physiological ones. These discoveries include a better understanding of the impact of psychosocial stress on the cardiovascular and immune systems, and the early finding that the functioning of the immune system could be altered by learning.

Importantly, psychologists have been working in medical settings for many years back in the United Kingdom sometimes as the field was termed medical psychology. Medical psychology, however, was a relatively small field, primarily aimed at helping patients adjust to illness. (William, 1969) Prepared and submitted a detailed report for the American Psychology Association entitled, *The Role of Psychology in the Delivery of Health Services*. While there were exceptions, his findings reveals that the psychological research of the time frequently regarded mental health and physical health as separate and devoted very little attention to psychology's impact upon physical health. Being one of the few psychologists working in this area at the time, Schofield proposed new forms of education and training for future psychologists. The American Psychology Association, responding to his proposal, in 1973 established a task force to consider how psychologists could:

- a. help people to manage their health related behaviors,
- b. help patients manage their physical health problems, and
- c. Train healthcare staff to work more effectively with patients.

Joseph Matarazzo also made significant contribution to health psychology in 1977. In his speech, he carefully delivered a speech that played an important role in defining health psychology. In his explanation, he proposed that health psychology is the aggregate of the

specific educational, scientific and professional contributions of the discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, the identification of diagnostic and etiologic correlates of health, illness and related dysfunction, and the analysis and improvement of the healthcare system and health policy formation. Similar organizations were established in the 1980s to include: the European Health Psychology Society established in 1986. Similar, other organizations were established in other countries, including Australia and Japan. In the same breath, Universities began to develop doctoral level training programs in health psychology. In the United States of America, post-doctoral level health psychology training programs were established for individuals who completed a doctoral degree in clinical psychology. The health domain having become a target of research by social psychologists interested in testing theoretical models linking beliefs, attitudes, and behavior.

Health Psychology is important to us. In the health care, the definition of psychology refers to the professional study of expert of the clients and patients regarding the behavioral development of human thought. This field of study generates information and data as to the handling of patients in their emotional stability, thought processes, behavioral stability and other forms of their mental action. In this profession, it is very critical to handle their emotional and behavioral concerns as complemented by their problems of physical and mental health. These are the following importance of psychology in health care:

- a. It appreciates the way how we can comprehend the behavior of the patient to utilize appropriate psychological intervention from them.
- b. It provides better understanding as to the relationship of the illness and proper way to conduct behavioral therapeutic intervention by the use of effective communication process.
- c. It ensures effective coping mechanism to reduce the risks of stress-related illness as the result of illness including the feeling of pain in the health recovery of patients.
- d. It informs the relationship of behavior and its influence to the well-being of the patient.
- e. It helps the physician to explain the health-related behaviors that affected by the lifestyle such as the personal vices of smoking, drinking, drug addiction and its health consequences.

Lifestyles and health: How Lifestyle Impacts Your Health

Your lifestyle plays an important role in your health, your interaction with family, friends, neighbors, coworkers and strangers. Lifestyle includes the behavior and activities that make up your daily life. This includes:

- a. The work you do-
- b. Your leisure activities
- c. The food you eat
- d. Your interaction with family, friends, neighbors, coworkers and strangers.

As Harry J. Johnson, a Manhattan physician who believed that sensible habits and a positive attitude led to a healthy life, puts it; the human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret therefore of good health lies in successful adjustment to changing stresses on the body. The Bible also places more emphasis on lifestyle and health, and behavior. We are instructed by the words of God to care for our bodies, not to over indulge in in food and drink, and to seek spiritual health through being kind to others and praying. 1Corinthians 10:31 gave clear instruction on how to eat and drink. It states, whether you eat or drink do it all for the glory of God.

In my opinion, when you invite God into your life-style, your behavior will change everything. As we strive to honor God in the choice of food and drink, and leisure activities, we bring glory to God through obedience. Galatians 5: 22-23 also emphasize the need to have self-control. To have self-control is to have the ability to manage your action, feelings and emotions especially in difficult situations. An example of self-control is to stand up for what you believe in even if you have to stand alone. Daniel 1:8 shows how Daniel made his decisions based on his beliefs and faith in God and no doubt God came through for him. Jesus said to the people in St. Mark 6: 31, to come aside to a deserted place and rest awhile, for there were many going and coming, and they did not even have time to eat. Clearly, even Jesus our example in everything was a great promoter of rest. We should not forget to rest so as to live a healthy lifestyle.

Quite naturally, we all make decisions about the way they live. People make decisions based on beliefs, attitudes, and values. Our life experience and interaction with others also shapes our thoughts and actions. Basically, personal behavior is affected by the information you learn at

home and school, and from the radio, newspapers, and television. The good news is: you can change the way you live. Here are some examples to assist with life style changes. In thinking about changing your lifestyle:

- a. Pay attention to the way you live or your lifestyle and health habits and the work you do every day.
- b. Talk with friends and family about lifestyle and health decisions.
- c. Discuss what you may want to change with them.
- d. Improve the quality of life for you and your family.

Work and leisure activities if not handled properly can affect us negatively. Activities such as reading, playing cards, listening to music, and other pastimes have also been shown to have a positive impact on health by reducing stress. The work we do affects our health. Apart from exposure to environmental hazards such as UV radiation and toxic chemicals like smoke, asbestos or pesticides, certain types of work involve prolonged repetitive actions and or reduced levels of activity that may lead to muscular or skeletal problems, strained vision, and other health problems. Even the person with the busiest schedule can make room for stretching, physical activity, and having fun. Before or after work or before meals might be a good time to do this. Think about your daily schedule and look for ways to be more active. Here are some important tips to assist with becoming more active:

- Walk as much as possible
- Park the car farther away
- Take the stairs instead of the elevator or escalator
- Try gardening or home repair activities
- Dance

Studies have shown that regular mild aerobic exercise three to four or even five times a week will help lower cholesterol, reduce the risk of heart disease, and improve diabetes management. Regular leisure activities such as reading, playing cards, listening to music, and other pastimes have also been shown to have a positive impact on health by reducing stress. Psychologist Russ Newman, former practice director for American Psychological Association, says that stress will affect personal relations, eating and sleep habits, and work performance and health. He

emphasizes the need to take time for self-preservation that is good for mental and physical equilibrium. To maintain a balance in my life, I routinely set the time for regular leisure activities that allows me to reduce my stress level

It is a fact that decisions about the foods we eat have an effect on our health. Many studies show that good nutrition lowers the risk for many diseases. Our food habits can bring on heart disease, stroke, and some types of cancer, diabetes, and osteoporosis or help prevent them. It is advisable to be creative and:

- Make a Family Recipe Book:
- Collect family recipes in a booklet.
- Share the recipes with a nutrition expert and find out which recipes are healthy ones.
- Ask how to change some ingredients of old favorites that are sort of unhealthy.
- Make those changes to the recipes and taste them with your family. Share the book of healthier recipes with everyone in your family.

Steps to Eating Healthy Chart

1. Steps to Healthy Eating:
2. Make good nutrition part of everyday living.
3. Eat healthy at home, work and play.
4. Eating healthier will make you be and feel healthier.

Tips for Healthy Eating

5. Eat at least 5-9 servings of fruits and vegetables every day. Try them canned, frozen, or as juice.
6. Choose whole grain bread and cereal.
7. Choose low-fat milk and cheeses.
8. Choose lean meats, poultry, and fish.
9. Eat more beans and grains
10. Use less salt, sugar, alcohol, and saturated fat.
11. Drink lots of water between meals.

Other Things You Can Do to Stay Healthy

12. If you smoke now, quit
13. Get a handle on stress
14. If you drink alcohol, beer, or wine only drink in moderation.

Fig. 9 shows tips on things to do to stay healthy

Lifestyle and health are two terms that we use interchangeably so does behavior and health. Health and behavior are related in myriad ways. Personality is hard to define, but may be considered as the sum total of all the things that make you a unique person. It is shown by the way you look, behave, and thinks. To sum it all up, personality guides behavior and habits. Health which was defined before is a state of complete physical, mental and social well-being and not merely the absent of disease or infirmity. It is said that both play a big part in one's overall health. Your personality affects more than your state of mind: It may even put you at risk for or protect you from health problems. Doctor Oz introduced a four point personality types, and believes that they can affect your health in good and bad ways. Dr. Mehmet Oz breaks it down on DoctorOz.com by identifying four personality types one through four, similar to the popular A through D system of typing and how each type is prone to certain health concerns <https://youtu.be/i-Eb76X3upk>. Let us examine health and behavior.

According to researchers, interest in behaviors that have important impacts on our health and well-being is based upon two assumptions. These are:

- a. That a significant proportion of the mortality from the leading causes of death is caused by the behavior of individuals, and
- b. That such behavior is modifiable (Conner & Norman, 1996)

Behavior is held to exert its influence on health in three basic ways: by producing direct biological changes, by conveying health risks or protecting against them, or by leading to the early detection or treatment of disease (Baum & Posluszny, 1999). Along with factors such as genetics and medical care, health behaviors can directly affect health outcomes. Researchers agree that healthy behaviors such as exercising and eating sensibly lower the risk of conditions like heart disease and diabetes, while unhealthy behaviors such as smoking and excessive drinking raise the risk of conditions like lung cancer and liver disease.

(Conner & Norman, 1996) Define health behavior as any activity undertaken for the purpose of preventing or detecting disease or for improving health and well-being. (Gochman, 1997) In the Handbook of Health Behavior Research defines them as 'behavior patterns, actions and habits that relate to health maintenance, to health restoration and to health improvement' (Vol. 1, p. 3). It is my understanding that behaviors within this definition include medical service usage for example; physician visits, vaccination, screening, compliance with medical regimens such as dietary, diabetic, antihypertensive regimens, and self-directed health behaviors to include, diet, exercise, smoking, alcohol consumption all have received considerable attention from social and behavioral researchers and we now have a good understanding of the factors influencing how and why individuals engage in such behaviors.

Several studies have examined the relationship between health behaviors and health outcomes (Blaxter, 1990) and have demonstrated their role in both morbidity and mortality. One of the first such studies identified seven features of lifestyle which were associated with lower morbidity and higher subsequent long-term survival: not smoking, moderate alcohol intake, sleeping 7–8 hours per night, exercising regularly, maintaining a desirable body weight, avoiding snacks, and eating breakfast regularly. Health behaviors also impact upon individuals' quality of life, by delaying the onset of chronic disease and extending active lifespan. Smoking, alcohol consumption, diet, gaps in primary care services and low screening uptake are all significant determinants of poor health, and changing such behaviors should lead to improved health. For example, in the USA, Healthy People 2000, United States Department of Health and Human Services 1990, lists increased physical activity, changes in nutrition and reductions in tobacco, alcohol and drug use as important for health promotion and disease prevention.

In my opinion, healthy behaviors have important consequences for both the quality and length of life by influencing disease outcomes. There have been both positive and negative changes in health behaviors over the past thirty years, according to researchers. On the positive side, smoking and drinking have both declined, the share of the population that currently smokes fell from 40 percent to 25 percent, while the share that drinks heavily fell from 7 percent to 4 percent. Blood pressure and cholesterol have also improved markedly. The share of the population with hypertension dropped by two-thirds over this period, while the share with high cholesterol dropped by over one-third.

Health Behaviors I

Experts proposed that health behaviors are actions individuals involved in that affect their health either positively or negatively. Actions that can be classified as health behaviors are many. They include actions that lead to improved health, such as eating well and being physically active, and actions that increase one's risk of disease, such as smoking, excessive alcohol intake, and risky sexual behavior. Health behaviors are influenced by the social, cultural and physical environments in which we live and work.

The first and best known definition of health promotion, promulgated by the American Journal of Health Promotion since at 1986, is the science and art of helping people change their lifestyle to move toward a state of optimum health. This definition was derived from the 1974 Lalonde report from the Government of Canada, which contained a health promotion strategy aimed at informing, influencing and assisting both individuals and organizations so that they will accept more responsibility and be more active in matters affecting mental and physical health. Another definition was the 1979 Healthy People report of the Surgeon General of the United States, which noted that health promotion, seeks the development of community and individual measures which can help people to develop lifestyles that can maintain and enhance the state of well-being.

The World Health Organization in 1984 made significant contribution to health promotion. They developed methods to change lifestyles, through their Regional Office advocated legislation, fiscal measures, organizational change, community development and spontaneous local activities against health hazards as health promotion methods. In 1986, Jake Epp, Canadian Minister of National Health and Welfare, released *Achieving health for all: a framework for health promotion* which also came to be known as the Epp report. This report defined the three mechanisms of health promotion as self-care; mutual aid, or the actions people take to help each other cope; and healthy environments. Since then, World Health Organization collaborations with other organizations, has subsequently cosponsored international conferences on health promotion as follows:

- The first International Conference on Health Promotion, Ottawa, 1986, which resulted in the Ottawa Charter for Health Promotion. According to the Ottawa Charter, health

promotion is not just the responsibility of the health sector, but goes beyond healthy lifestyles to well-being, aims at making political, economic, social, cultural, environmental, behavioral and biological factors favorable through advocacy for health focuses on achieving equity in health, demands coordinated action by all concerned: by governments, by health and other social organizations.

Nearly forty years ago and health promotion information are still relevant. Today several organizations and entities echo the need for and involvement in health promotion. As the information becomes readily available, many people are making a concerted effort to be in the know and are practicing healthy lifestyle including me. For instance, the environment is the land, air and water around us. In reality, a healthy environment is clean and safe, but it is a fact that our environment has become polluted and makes it unhealthy for human to survive. Pollution is waste that harms the environment. We all need clean land, air and water. Another embarrassing is littering. Littering is trash that is not put in the right place. In some communities trash can be seen on the ground. Having trash all around is not healthy. Trash carries germs that can make us ill and makes the place untidy. Let us place trash in the bins and not on the ground. In doing the right thing, we are also helping the garbage collectors and keeping the environment clean.

Health is very important to employability. Workers must be healthy in order to perform on the job. Work site health focus on the prevention and the intervention that reduce the health risks of the employee. The U.S. Public Health Service recently issued a report titled Physical Activity and Health: A Report of the Surgeon General which provides a comprehensive review of the available scientific evidence about the relationship between physical activity and an individual's health status. The report shows that over 60% of Americans are not regularly active and that 25% are not active at all. There is very strong evidence linking physical activity to numerous health improvements. Health promotion can be performed in various locations. Among the settings that have received special attention are the community, health care facilities, schools, and worksites. Worksite health promotion, also known by terms such as workplace health promotion, has been defined as the combined efforts of employers, employees and society to improve the health and well-being of people at work.

As I understand it, if you are physically unable to do your job you will not be hired and poor health lowers your productivity or leaves you unable to work, you may lose your job. It is

therefore crucial that workers seek to maintain a high level of health and fitness by practicing a healthy lifestyle, reframing from substance abuse and taking steps to improve their physical fitness. I can testify that poor health affects your attendance as you are unable to report to school or to work. World Health Organization states that the workplace has been established as one of the priority settings for health promotion into the 21st century because it influences physical, mental, economic and social well-being and offers an ideal setting and infrastructure to support the promotion of health of a large audience. Worksite health promotion programs also called workplace health promotion programs, worksite wellness programs, or workplace wellness programs include exercise, nutrition, smoking cessation and stress management. Reviews and meta-analyses published between 2005 and 2008 that examined the scientific literature on worksite health promotion programs include the following:

- Strong evidence for an effect on dietary intake, inconclusive evidence for an effect on 4 of 6 physical activities, and no evidence for an effect on health risk indicators.
- A meta-evaluation" of 56 studies published 1982–2005 found that worksite health promotion produced on average a decrease of 26.8% in sick leave absenteeism, a decrease of 26.1% in health costs, a decrease of 32% in workers' compensation costs and disability management claims costs, and a cost-benefit ratio of 5.81.
- A meta-analysis of 46 studies published in 1970–2005 found moderate, statistically significant effects of work health promotion, especially exercise, on work ability and overall well-being; furthermore, sickness absences seem to be reduced by activities promoting healthy lifestyle.
- A meta-analysis of 22 studies published 1997–2007 determined that workplace health promotion interventions led to small reductions in depression and anxiety.
- A review of 119 studies suggested that successful work site health-promotion programs have attributes such as: assessing employees' health needs and tailoring programs to meet those needs; attaining high participation rates; promoting self-care; targeting several health issues simultaneously; and offering different types of activities example: group sessions as well as print materials.

Physical fitness is having a strong and healthy body. Being fit helps you look and feel your best. It is advisable to stay physically fit to improve your overall performance at work. Eating healthy foods helps you stay fit. Use salt and sugar sparingly. Eat healthy well-balanced meals rich in fruits, vegetables, fibre, grains, and cereals. Eat a full breakfast each morning. Remember that breakfast is the most important meal of the day. It is a fact that the energy you get from a good breakfast helps you to keep active for the rest of the day. Without it, you will feel sluggish and mentally dull. Remember to eat healthy food for lunch rather than sweets or junk foods.

Prevention of health is crucial to humanity. Scientists are always looking for new and better ways to prevent disease and injury both to avert human suffering and to control the tremendous economic costs of ill health. But when researchers and health experts talk about prevention, what do they mean? Prevention of health is the deterring of the development of a disease, or stopping the progression of a disease that already begun. When it comes to health, prevention means going upstream and fixing a problem at the source instead of saving victims one by one. In general, prevention includes a wide range of activities known as interventions aimed at reducing risks or threats to health. These are usually grouped into three categories.

The categories are: 1. Primary prevention 2. Secondary prevention 3. Tertiary prevention

1. Primary prevention include:

- education about good nutrition, the importance of regular exercise, and the dangers of tobacco, alcohol and other drugs
- education and legislation about proper seatbelt and helmet use
- regular exams and screening tests to monitor risk factors for illness
- immunization against infectious disease
- control potential hazards at home and in the workplace

2. Secondary prevention include:

- telling people to take daily, low-dose aspirin to prevent a first or second heart attack or stroke
- recommending regular exams and screening tests in people with known risk factors for illness
- providing suitably modified work for injured workers

3. Tertiary prevention:

- cardiac or stroke rehabilitation programs
- chronic pain management programs
- patient support groups

The goal of primary prevention is to protect healthy people from developing a disease or experiencing an injury in the first place. Secondary prevention means to halt or slow the progress of disease if possible in its earliest stages; in the case of injury, goals include limiting long-term disability and preventing re-injury, and tertiary prevention focuses on helping people manage complicated, long-term health problems such as diabetes, heart disease, cancer and chronic musculoskeletal pain. The goals include preventing further physical deterioration and maximizing quality of life. For many health problems, a combination of primary, secondary and tertiary interventions are needed to achieve a meaningful degree of prevention and protection. However, prevention experts say that the further upstream one is from a negative health outcome, the likelier it is that any intervention will be effective think about fixing the hole in the bridge so people stop falling through and drowning downstream.

Health Behaviors II

What comes to mind when you think of taking risks with your health driving recklessly, or maybe abusing alcohol or illegal drugs? Those behaviors are certainly risky. However, many people have less dramatic behaviors that are just as dangerous in the long run. Tobacco use, unbalanced nutrition too many calories and or too much of one food group and not enough of the others and a lack of physical activity are some of the key risk factors for the most common causes of death. In the United States of America, the most common causes of death are heart disease, cancer and stroke. Nearly 1.5 million people in the United States die each year from one of these diseases, or from complications of these diseases. That's more than the number of American soldiers who died in the Civil War, the Korean War and the Vietnam War combined, and it happens every year.

Another truth about these diseases is that heart disease, stroke and some kinds of cancer tend to occur more often in people who have a family history of the disease. However, your genes are only part of your risk for these diseases. In many cases, your behavior is at least as important to your health as your family history. If you choose unhealthy behaviors, you are at greater risk of having a serious health problem. My mother would not listen to these facts, she would not change her lifestyle, and so she ended up with a stroke, high pretension, and eventually died from those diseases. No wonder the proverb says prevention is better than cure. Here we are being reminded that it is better to take care that a problem does not happen than to have to solve the problem afterwards. Particularly, it is easier to stop something bad from happening in the first place than to fix the damage after it has happened. It's true that heart disease, stroke and some kinds of cancer tend to occur more often in people who have a family history of the disease. However, your genes are only part of your risk for these diseases. In many cases, your behavior is at least as important to your health as your family history. If you choose unhealthy behaviors, you are at greater risk of having a serious health problem.

There are several ways to reduce the cause of death. Three of the most important ways to reduce your risk of the top three causes of death:

1. Quit smoking, or don't start.
2. Eat fewer high-fat foods and more fruits and vegetables.

3. Be more physically active. Even by doing just one of these things, you will improve your health and reduce your risk of heart disease, cancer and stroke.

People continue to question about why they should eat fewer high-fat foods, but why bother eating more fruits and vegetables. Research shows fruits and vegetables are important sources of vitamins, minerals and fiber. In order to improve your eating habits, it is advisable to cut down on foods that are high in fat and calories, such as sodas, fried foods and hamburgers. By replacing those foods with healthier choices, such as fruits and vegetables, you will get better nutritional quality from the foods you eat. Also, adding fruits and vegetables and learning new ways to prepare them can keep you from getting bored with a more healthy diet. Additionally, Sugar-sweetened drinks, such as fruit juice, fruit drinks, regular soft drinks, sports drinks, energy drinks, sweetened or flavored milk and sweetened iced tea can add lots of sugar and calories to your diet. But staying hydrated is important for good health. Substitute water, zero-calorie flavored water, non-fat or reduced-fat milk, unsweetened tea or diet soda for sweetened drinks. Talk with your family doctor or a dietitian if you have questions about your diet or healthy eating for your family. Here are some suggestions that will help you stay healthy and possible help prevent diseases:

- Have an exercise plan instead of just trying to be more physically active throughout the day.
- Unhealthy behaviors become habits, so changing them can be very hard, however, you are more likely to make changes in your habits if you set a specific goal for yourself. For example, choose one specific thing to change about the way you eat, such as adding a piece of fruit to one meal each day
- Make essential health benefits and preventive care services work for you. Essential health benefits are a set of health care service categories that must be covered by certain plans, beginning in 2014. The name of this plan is Affordable Care Act. These include:
 - Ambulatory patient services outpatient care you get without being admitted to a hospital
 - Emergency services
 - Hospitalization such as surgery
 - Maternity and newborn care before and after your baby is born

- Mental health and substance use disorder services, including behavioral health treatment. this includes counseling and psychotherapy
- Prescription drugs

Preventive services can detect disease or help prevent illness or other health problems. Some preventive services covered under the Affordable Care Act include blood pressure screening, cervical cancer screening, HIV screening, immunizations, and well-woman visits.

Health habits if carefully practiced everyday will surely bring excited results. One of the biggest factors that determine how well you age is not your genes but how well you live. A study published in 2009 in the British Medical Journal of 20,000 British folks show that you can cut your risk of having a stroke in half by doing the following four things: being active for 30 minutes a day, eating five daily servings of fruit and vegetables, and avoiding cigarettes and excess alcohol. Follow these healthy habits and check out Perls' lifetime risk calculator to see how long you can expect to live.

- Don't retire, keep working even after retirement
- Floss every day to reduce bacteria and gum-disease
- Move around to improve your mood, mental acuity, balance, muscle mass, and bones
- Eat a fiber-rich cereal for breakfast. Getting a serving of whole-grains, especially in the morning, appears to help older folks maintain stable blood sugar levels throughout the day
- Get at least six hours of sleep every night. Sleep is one of the most important functions that our body uses to regulate and heal cells
- Consume whole foods, not supplements. Strong evidence suggests that people who have high blood levels of certain nutrients selenium, beta-carotene, vitamins C and E age much better and have a slower rate of cognitive decline
- Be less neurotic. Let humor into your day and laugh a lot
- Follow a vegetarian diet based on fruits, vegetables, beans, and nuts, and get plenty of exercise. Follow good habits, stay connected with friends and families, and be conscientious. Conscientiousness is said to be prudent, persistent, and well organized, to ensure long life.

School Counseling Skills and Techniques

The professional school counselor provides responsive services through the effective use of individual and small group counseling, consulting, and referral skills.

https://youtu.be/ykiSVh8ws_A?t=284. There are three major theories that have shaped how counselors provide therapeutic interventions in schools. The first of these is based on the theoretical foundation provided by psychoanalysis, first defined and elaborated by Sigmund Freud. These approaches include those that can be described as neo-Freudian and those that contain elements first identified in Freud's writings. Eric H. Erikson, Alfred Adler, and Otto Rank have built models for practice based on these approaches and theories.

The early behaviorists provided the second theory that guided approaches to therapeutic interventions. Behaviorism was first defined in psychological laboratories with carefully controlled experiments to look into how individuals learn and respond to their environments. These approaches to therapy include William Glasser's reality therapy and choice theory. Related theories describe goal setting and brief solutions-focused counseling, strengths based counseling, cognitive therapy, behavioral counseling, and cognitive behavioral techniques. Each of these methods is based on helping clients learn new ways of thinking, processing information, and responding to their environments. The third major theoretical basis in counseling is a uniquely American approach devised by Carl R. Rogers <https://youtu.be/3ZFAv7Eox7E?t=98>. His centered approach is one that does away with the notion that a counselor is going to fix a problem the student is having, instead, his approach is one that helps the student better understand his or her own thinking and find a resolution within. Today, school counselors have also adopted an abbreviated approach for providing student focused interventions that are time efficient and highly effective. Central to these solutions focused methods are strength-based school counseling and narrative therapies.

Guidance counselors have a job description to follow. They are certified professionals employed by schools or academic institutions to basically assist and advise students about academic and personal decisions. They provide private counseling to students, assess the ability and potential of students, and coordinate with fellow professionals on student matters. An effective counselor develops a practice built on trust that has been earned over time. Students know the genuine thing when they see it, and a counselor who is trusted will have a reputation that is spread by

word of mouth throughout the building and beyond into the community. This can happen only if the school counselor has the personal warmth, integrity, and skills to create a counseling environment in which students know they will be listened to by a professional adult who is nonjudgmental and who truly understands them. The effective counselor knows counseling theories and has the ability to employ techniques that can help students. Beyond that knowledge and skill base, the counselor should be an optimist who has a true belief in his or her skills and the ability of students to change and improve.

To be effective, the dynamic interactions of a group of students working with a counselor can employ a number of approaches to therapeutic intervention. Counselors need skill and an understanding of group dynamics and theory to provide an effective program of group counseling. A new direction for school counselors is in working within a virtual school. The online world is changing old rules about the delivery of counseling services for many students today. Counselors working in public schools must establish ground rules with students who begin the counseling relationship.

- One is that everything discussed by the student and counselor is kept in confidence by both parties.
- Second is that there is a strict time limit to the length of each counseling session. Counselors must establish boundaries, including the fact that they are paid professional employees of the school who may never break the school's rules or policies. The counselor works in the interest of each individual student; however, as a professional, the counselor maintains a separation from students who are receiving counseling services.
- Finally, counselors do not play favorites, make exceptions, or do anything to discourage any student or group of students from seeking assistance. Counselors must understand students and the culture of students as well as the culture of the school.

Effective counselors recognize their roles in the culture of the school. The counselor also understands and respects the society created by students but never tries to become part of that culture. This implies the counselor is with it and up to date with popular culture but does not affect airs or try to act like the students. Central to the job is listening. This skill is one very few adults in a child's life have. The counselor must always be sensitive to all levels of

communication being used by the student being counseled. Verbalizations make up one dimension; others include the student's posture and body language, facial expressions, tone of voice, and gestures. All aspects of them student-client being counseled must be mentally noted by the counselor and become part of the therapeutic dialogue. Listening in all these dimensions leads the school counselor to be able to achieve empathy, the ability to sense and feel the feelings, understandings, motives, and attitude of the student being counseled as the counselor's own. The ability to understand why a student behaves in a particular way, what he or she is thinking, and what his or her motives and needs are is the essence of being a counselor. Most importantly, a school counselor:

- Should not be judge-mental. If they do, the student will not trust them
- Should not begin a sentence with: don't you think, or you should, or you should not
- Should make the counseling office an enjoyable, never a threatening environment. A sincere smile and pleasant greeting should go to all students in and out of the counselor's office area.

Should endorse and make use of group counseling as it methods can greatly improve the efficiency of the counselor and make it possible to assist many more children. Each of the major theorists in counseling has endorsed the use of groups, starting with Alfred Adler. The psychotherapy model of Adler assumed that there was a social need within us all that longed for acceptance and approval from others. Carl Rogers wrote positively about instituting what he described as encounter groups in schools and other educational institutions. Theorists believe that groups can give students accurate feedback about irrational thoughts and help them try different roles and approaches to problem solving.

- Counseling in the schools must match the developmental levels and needs of students. Before fifth grade, students have limited attention spans and are bound by a form of linear logic that emphasizes deductive reasoning and makes insight impossible. Group counseling with students at this developmental level should be focused on concrete issues that are easy to grasp and discuss. Primary level groups should be limited to four members or fewer. Eight is the maximum for middle and high school students in a counseling group that a counselor should lead. There are three major psycho-educational

group types that a school counselor may make part of the school's counseling program.

These are groups that encourage growth, improve school climate, and reformative groups.

The use of groups by the school counselor is the most effective intervention available for most problems among adolescents. The key to a good psycho-educational group is a well-trained counselor who possesses sterling leadership skills. Prior to the first group session, it is best if the counselor meets individually with each student who will participate. This meeting can help the counselor and student by identifying and clarifying the student's goals in becoming part of the group. The counselor can also review rules for the group by:

1. Ensuring that all meetings are held confidentially
2. No one ever gets laughed at or teased in or outside the group
3. Each member listens very carefully to what each other member is saying, and
4. Meetings start and end on time.

Most importantly, after ground rules are set, the first session with a new group usually needs a group activity designed to be an icebreaker and way to allow group members to get to know and trust one another. These students will know of each other as children in the same school but will not know them the way members of a psycho-educational group eventually will. For each group session, the leader should have a plan of what he or she wishes to accomplish and provide exercises to facilitate reaching his or her goal. Counselors should be careful to notice and reinforce when the group is showing cohesion and support for one or more of its members. This is a good sign of the group's health. On the other hand, group counseling can have a negative side to it. Students may feel:

- Uncomfortable talking
- Feel as if their trust is violated
- Clashes between personalities
- Some individuals can interpret rejection
- Limitations regarding privacy
- Social phobia and speaking in front of a group:

While there can be negativity in school counseling, it helps to keep students in line with obeying school rules, learning team building, and participation in group activities. Another type of counseling is called Solution-focused brief counseling which will be discussed in the next paragraph.

Solution-focused brief counseling as the name suggest, is believed to be a postmodern therapeutic system which focuses on helping clients create solutions in a straightforward manner within a limited time.(Sobhy & Cavallaro, M. , 2010). It is based on the assumptions that clients have the necessary strengths and resources to change and that counseling is most effective when focusing on constructing solutions unique to each client (Shazer, 1988). Solution-focused brief counseling differs from other modes of counseling in that it shifts the focus from problem solving to creating present and future solutions. Because of its positive, solution-focus, solution focus brief counseling can be used in a wide range of settings, (Webb, 1999). Since termination is the ultimate goal in counseling Solution Focused Brief Counseling is extensively used in agency and school settings because of its efficient, effective and positive use of time (De Jong & Berg, 2008). Once the therapeutic techniques have been introduced in counseling, they can be utilized by the client anywhere without the counselor's assistance. Prior to termination, counselors assist clients in identifying strategies that can be used to maintain progress towards their goals.

According to research, the use of solution focused brief counseling is valuable in school settings as well since school counselors are responsible for large caseloads of students and rarely see students for long term counseling (Sklare, 2005). One of the many reasons solution-focused counseling is a good fit for school settings is because it's a client-directed approach. (Murphy, 2015). In his augment, he points out the simple and practical premise of solution-focused counseling find what works and do more of it is one of its most appealing features for school practitioners. Murphy writes in the book's conclusion. This does not mean, however, that it is easy to do. Accordingly, solution-focused work requires careful attention to language, client feedback, relationship building and other therapeutic nuances and skills. Mastery of these skills requires patience and practice. Virtual counseling is also introduced to guidance and counselors because of a changing world, sudden growth in technology, and distance education. Provision is made for counselors to use technology to conduct virtual psycho-educational counseling sessions

Group counseling is an effective method that can both be more time efficient for school counselors and employ peer influence in the therapeutic relationship. Time efficiency is an advantage to the counseling approach of solution focused brief counseling. A central skill for school counselors is the ability to actively listen to students and truly understand the feelings of distress and emotional responses they are experiencing. The strengths-based school counseling model is a crossover set of methods adapted from the practice of social work. Strengths based counselors are proactive in their efforts to build up the inner resolve and strengths of students as a way of inoculating them against potential problems. The future of school counseling is not clear, as the nature of schools is evolving rapidly. There is a need to address the problem of providing the services of school counselors in a virtual school environment. Children exist in the real world, but many schools now exist in a cyber-world. Counseling is needed for the real-world students but must be delivered through cyberspace.

Sickness and Health II

Non-chronic diseases and quality of life: The main types of Non-chronic disease are: cardiovascular diseases such as heart attacks and stroke, cancers, chronic respiratory diseases such as chronic obstructive pulmonary disease and asthma, and diabetes. Non-communicable diseases are those diseases that are not transferrable by contact but rather developed through family genetics, degenerative changes or unhealthy lifestyle habits.

In general, the quality of life is the perceived quality of an individual's daily life, that is, an assessment of their well-being or lack thereof. This includes all emotional, social, and physical aspects of the individual's life. In health care, health-related quality of life is an assessment of how the individual's well-being may be affected over time by a disease, disability, or disorder. A disability is any condition of the body or mind or impairment that makes it more difficult for the person with the condition to do certain activities or activity limitation, and interact with the world around them, participation restrictions. Early versions of healthcare-related quality of life measures referred to simple assessments of physical abilities by an external rater for example, the patient is able to get up, eat and drink, and take care of personal hygiene without any help from others or even to a single measurement for example, the angle to which a limb could be flexed.

The current concept of health-related quality of life acknowledges that researchers put their actual situation in relation to their personal expectation. The latter can vary over time, and react to external influences such as length and severity of illness, family support, etc. As with any situation involving multiple perspectives, patients' and physicians' rating of the same objective situation have been found to differ significantly. Consequently, health-related quality of life is now usually assessed using patient questionnaires. These are often multidimensional and cover physical, social, emotional, cognitive, work- or role-related, and possibly spiritual aspects as well as a wide variety of disease related symptoms, therapy induced side effects, and even the financial impact of medical conditions. Although often used interchangeably with the measurement of health status, both health-related quality of life and health status measure different concepts.

There are several psychometric assessment tools. Similar to other psychometric assessment tools, health-related quality of life questionnaires should meet certain quality criteria, most importantly with regard to their reliability and validity. As such, hundreds of validated health-related quality of life questionnaires have been developed to suit the needs of various illnesses. The questionnaires can be generalized into two categories:

1. Generic instruments (e.g. SF-36, Short-Form with 36 questions)
2. Disease, disorder or condition specific instruments (e.g. the King's Health

Questionnaire (KHQ) or the International Consultation on Incontinence

Questionnaire-Short Form (ICIQ-SF) in urinary incontinence,[4] the LC -13. Health assessments are usually structured screening and assessment tools used in primary care practices to help the health care team and patient develop a plan of care. Health assessment information can also help the health care team understand the needs of its overall population of patients and to help with lifestyle changes.

There are activities for daily living, and are all the essential, basic self-care tasks that people need to do every day to keep themselves safe, healthy, clean and feeling good: From getting up in the morning, showering, grooming, preparing and cooking meals. Because health problems can interfere with even the most basic aspects of daily living for example, breathing comfortably, sleeping comfortably, eliminating wastes, feeding oneself, dressing, and others, the health care professions have codified the concepts of activities of daily living and instrumental activities of daily living. Such analysis and classification helps to at least partially objectify quality of life. It cannot eliminate all subjectivity, but it can help improve measurement and communication by quantifying and by reducing ineffability and addition.

The most common roots of addiction are chronic stress, a history of trauma, mental illness and a family history of addiction. Understanding how these can lead to chronic substance abuse and addiction will help you reduce your risk of becoming addicted. Individuals who suffer from addiction often have one or more accompanying medical issues, including lung and cardiovascular disease, stroke, cancer, and mental disorders. Imaging scans, chest X-rays, and blood tests show the damaging effects of drug abuse throughout the body. For example, tests

show that tobacco smoke causes cancer of the mouth, throat, larynx, blood, lungs, stomach, pancreas, kidney, bladder, and cervix. In addition, some drugs of abuse, such as inhalants, are toxic to nerve cells and may damage or destroy them either in the brain or the peripheral nervous system. Additionally, the impact of drug addiction causes cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis B and C, and mental disorders. Drug abuse and mental disorders often co-exist. In some cases, mental diseases may precede addiction; in other cases, drug abuse may trigger or exacerbate mental disorders, particularly in individuals with specific vulnerabilities. Beyond the harmful consequences for the addicted individual, drug abuse can cause serious health problems for others. Three of the more devastating and troubling consequences of addiction are:

- Negative effects of prenatal drug exposure on infants and children.
- Negative effects of second-hand smoke.
- Increased spread of infectious diseases

Let us look at what researchers say about tobacco smoking. What are some effects of specific abused substances?

- Nicotine is an addictive stimulant found in cigarettes and other forms of tobacco. Tobacco smoke increases a user's risk of cancer, emphysema, bronchial disorders, and cardiovascular disease.
- Alcohol consumption can damage the brain and most body organs. Areas of the brain that are especially vulnerable to alcohol-related damage are the cerebral cortex largely responsible for our higher brain functions, including problem solving and decision making, the hippocampus which is important for memory and learning, and the cerebellum important for movement coordination. Marijuana, inhalants, and cocaine.

It is reported and I have seen it with my own eyes, that especially our young people are hurting as a result of addiction in drugs. Some dropped out of school, some become mentally ill and have to get rehabilitated, while some are on the street eating out of garbage pan. For example, cocaine abuse can lead to severe medical consequences related to the heart and the respiratory, nervous, and digestive systems. A particularly dangerous and not uncommon practice is the combining of two or more drugs. The practice ranges from the co-administration of legal drugs, like alcohol

and nicotine, to the dangerous random mixing of prescription drugs, to the deadly combination of heroin or cocaine with fentanyl an opioid pain medication. Whatever the context, it is critical to realize that because of drug-drug interactions, such practices often pose significantly higher risks than the already harmful individual drugs.

Sickness and Health III

Clinical anxiety and health: Unlike everyday stress, clinical anxiety is a medical disorder defined by excessive feelings of worry or persistent, even intrusive thoughts about certain fears or constant fear in general. Anxiety is a normal reaction to stress and can actually be beneficial in some situations. For some people, however, anxiety can become excessive. While the person suffering may realize their anxiety is too much, they may also have difficulty controlling it and it may negatively affect their day-to-day living. There are a wide variety of anxiety disorders, including post-traumatic stress disorder, obsessive-compulsive disorder, and panic disorder to name a few. Collectively, they are among the most common mental disorders experienced by Americans.

The following are examples of anxiety disorders:

- Generalized anxiety disorder (GAD)
- Obsessive-compulsive disorder (OCD),
- Panic disorder,
- Post-traumatic stress disorder (PTSD), and
- Social phobia (or social anxiety disorder).

The National Institute of Mental Health supports research into the causes, diagnosis, prevention, and treatment of anxiety disorders and other mental illnesses. Scientists are looking at what role genes play in the development of these disorders and are also investigating the effects of environmental factors such as pollution, physical and psychological stress, and diet. In addition, studies are being conducted on the natural history what course the illness takes without treatment of a variety of individual anxiety disorders, combinations of anxiety disorders, and anxiety disorders that are accompanied by other mental illnesses such as depression. Scientists currently think that, like heart disease and type 1 diabetes, mental illnesses are complex and probably result from a combination of genetic, environmental, psychological, and developmental factors. For instance, although National Institute of Mental Health sponsored studies of twins and families suggest that genetics play a role in the development of some anxiety disorders; problems such as Post-Trauma Stress Disorder are triggered by trauma. Genetic studies may help explain why some people exposed to trauma develop Post-Trauma Stress Disorder and others do not.

Several parts of the brain are key actors in the production of fear and anxiety. Using brain imaging technology and neurochemical techniques, scientists have discovered that the amygdala and the hippocampus play significant roles in most anxiety disorders. The amygdala is an almond-shaped structure deep in the brain that is believed to be a communications hub between the parts of the brain that process incoming sensory signals and the parts that interpret these signals. It can alert the rest of the brain that a threat is present and trigger a fear or anxiety response while the hippocampus is the part of the brain that encodes threatening events into memories. Studies have shown that the hippocampus appears to be smaller in some people who were victims of child abuse or who served in military combat. By learning more about how the brain creates fear and anxiety, scientists may be able to devise better treatments for anxiety disorders. For example, if specific neurotransmitters are found to play an important role in fear, drugs may be developed that will block them and decrease fear responses.

Signs & Symptoms: Unlike the relatively mild, brief anxiety caused by a stressful event such as speaking in public or a first date, anxiety disorders last at least 6 months and can get worse if they are not treated. Each anxiety disorder has different symptoms, but all the symptoms cluster around excessive, irrational fear and dread. The following are important information to note:

- Anxiety disorders affect about 40 million American adults age 18 years and older about 18% in a given year, causing them to be filled with fearfulness and uncertainty. Women are 60% more likely than men to experience an anxiety disorder over their lifetime.
- A large, national survey of adolescent mental health reported that about 8 percent of teens ages 13 to 18 have an anxiety disorder, with symptoms commonly emerging around age 6. However, of these teens, only 18 percent received mental health care.
- A doctor must conduct a careful diagnostic evaluation to determine whether a person's symptoms are caused by an anxiety disorder or a physical problem.
- Anxiety disorders are treated with medication, specific types of psychotherapy, or both. Treatment choices depend on the problem and the person's
- Medication will not cure anxiety disorders, but it can keep them under control while the person receives psychotherapy. Medication must be prescribed by physicians, usually

psychiatrists, who can either offer psychotherapy themselves or work as a team with psychologists, social workers, or counselors who provide psychotherapy.

- Antidepressants were developed to treat depression but are also effective for anxiety disorders. Although these medications begin to alter brain chemistry after the very first dose, their full effect requires a series of changes to occur; it is usually about 4 to 6 weeks before symptoms start to fade. It is important to continue taking these medications long enough to let them work. SSRIs, Monoamine oxidase inhibitors, Anti-Anxiety Drugs, Beta-Blockers are additional medication used to keep physical symptoms of anxiety under control.

Before taking medication,

- Ask your doctor to tell you about the effects and side effects of the drug.
- Tell your doctor about any alternative therapies or over-the-counter medications you are using.
- Ask your doctor when and how the medication should be stopped. Some drugs can't be stopped abruptly but must be tapered off slowly under a doctor's supervision. Work with your doctor to determine which medication is right for you and what dosage is best. Be aware that some medications are effective only if they are taken regularly and that symptoms may recur if the medication is stopped.

Prescribed medication is crucial; however, psychotherapy is also important. Psychotherapy involves talking with a trained mental health professional, such as a psychiatrist, psychologist, social worker, or counselor, to discover what caused an anxiety disorder and how to deal with its symptoms. Medication can be combined with psychotherapy for specific anxiety disorders, and this is the best treatment approach for many people. If an anxiety disorder is diagnosed, the next step is usually seeing a mental health professional. The practitioners who are most helpful with anxiety disorders are those who have training in cognitive-behavioral therapy and/or behavioral therapy, and who are open to using medication if it is needed. Finally, join a self-help or support group and sharing problems and achievements with others, there are a lot of benefits.

Strategies for Improving the Quality of Life

Theoretical Foundations: Quality of life is the general well-being of individuals and societies. Qualities of Life have a wide range of contexts, including the fields of international development, healthcare, politics and employment. Quality of life should not be confused with the concept of standard of living, which is based primarily on income. Instead, standard indicators of the quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging. Quality of life is defined by the World Health Organization as individuals' perception of their position in life in the context of the culture and value systems in which they live, and in relation to their goals, expectations, standards and concerns, Ecological economist Robert Costanza also contributed to its definition <https://youtu.be/mXld8zuPfJQ?t=237>.

https://youtu.be/7ZHKQi_FoRs?t=44. One approach, called Engaged theory, outlined in the journal of Applied Research in the Quality of Life, posits four domains in assessing quality of life: They include: ecology, economics, politics and culture. In the domain of culture, for example, it includes the following subdomains of quality of life:

- Identity and engagement
- Creativity and recreation
- Memory and projection
- Belief and ideas
- Gender and generations
- Enquiry and learning
- Wellbeing and health.

Also frequently related are concepts such as freedom, human rights, and happiness. However, since happiness is subjective and difficult to measure, other measures are generally given priority. It has also been shown that happiness, as much as it can be measured, does not necessarily increase correspondingly with the comfort that results from increasing income. As a result, standard of living should not be taken to be a measure of happiness. Also sometimes considered related is the concept of human security, though the latter may be considered at a more basic level and for all people.

Physical dimension is another area related to quality of life. It speaks to performing and excelling in physical activities requires aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training. Physical dimension clearly states that most goals is an assumption that working towards a goal will improve quality of life, for ourselves and/or others we care about. With each of our long term goals come many choices and decisions, including what to try and how much effort to put in. By assessing your

current quality of life, you can focus on the gaps and opportunities you have to make some improvements.

To understand the aspects of your life and experiences that most closely connect with the quality of life desired, positivity is critical. A few decades of research on what correlates most with quality of life gives us categories like the ones listed below with a useful mnemonic of PERMA

- P: Positive emotions: The moments and extended periods we have of different positive moods, including feelings of happiness, gratitude, closeness, confidence peacefulness, and awe-inspired.
- E: Engagement: Periods of time when we are so engaged with the activity we're working on that we have clarity of focus, time seems less relevant, and we are challenged at a level to which we're attracted. This is frequently associated with Eustress, which the positive opposite to distress.
- R: Relationships: The quality of our relationships with others is very highly correlated with our overall quality of life.
- M: Meaning: How well our work and other endeavors connect with a greater purpose contributes enormously to our self-esteem and confidence to continue our efforts.
- A: Accomplishment: A sense of accomplishment is closely tied to how well we feel we are able to complete our "to do lists.
- H: Health: Not referenced in the original list, but worth including here, is the quality of our physical well-being, including how much pain we're in, how much mobility we have, and how much we can do physically.

It is advisable to do the following:

- Explore how your mind makes choices
- Describe your ideal quality of life with those aspects as categories
 - i. Start a gratitude journal or a 'satisfaction index' in your diary as a useful way to keep track of your goals
 - ii. Research to help you on your journey.
 - iii. Brainstorm your list of specific goals that, if successfully completed, would help

- iv. You close those quality of life gaps.
- v. Convert your goals into SMART goals: SMART is a helpful guideline to be able to make your goals easier to see through. Specific, Measurable, Attainable, Relevant and Time-bound.
- vi. Experiment with options for making progress on those goals and collaborate with others in your experiments
- vii. Evaluate the results of your experiments and plan for productive failure

TIPS

- An alternative end-of-day routine is RPM: Reflect, Plan, Meditate:
- Reflect upon your day and the individual outcomes, then capture adjustments and Realizations in your journal.
- Plan for tomorrow. Planning the day before allows your mind to sift through your plans during sleep and to internalize the plans so that you are more fully on board as you execute the plan the following day.
- Meditate. Shift your focus back to the results for the current day. This will put those considerations foremost before you head to bed.
- If you make a routine of doing the RPMs at night, you might find that you have better results each day and in life.

Finally, relaxation is very important. There are different methods and techniques to achieve a relaxed body and mind. There are several relaxation methods like guided imagery, progressive relaxation, self-hypnosis, deep breathing exercises, and biofeedback. All of them have similar goal and that is to produce consciously the natural relaxation response of the body, characterized by slow breathing, feeling of wellbeing and calmness, and to lower blood pressure. Additional exercises include:

- Breath or deep breathing exercises. To relax through this method, you will slow your breathing consciously and then focus on taking deep and regular breaths.
- Progressive relaxation
- Self-hypnosis

- Guided imagery

Relaxation methods may work in different ways. In contrast to stress response, the relaxation response on the other hand may:

- Lower blood pressure
- Slow the heart rate
- Decrease the levels of stress hormones and oxygen consumption, Since relaxation is entirely the opposite of stress or anxiety, the theory is voluntarily making relaxation response by the regular use of relaxation methods that can counteract the negative effects of stress. The body and mind practices are sometimes considered as relaxation methods or techniques. If you want to get more information about these techniques and practices, you may refer to different sources which tackle relaxation and everything about it. It will help you a lot to live life enthusiastically and be able to manage anxiety and stress.

Summary



Figure 9 to 12 show highlights of me preparing a well-balanced meal for my church family

In order to win the battle against Lifestyle- related diseases we must adopt and practice a simpler, more natural way of eating. It is recommended that we eat a variety of plant, prepared with very little fat, sugar, and salt. We also must avoid refined foods such as white rice, bread, and flour, white sugar and most fast food. Since animal foods lack fibre, and are too high in protein, and contain a lot of cholesterol, it is best to eat meat, chicken fish, cheese, ice cream in moderation. Keep away from nonfat dairy food as much as possible.

In order to remain physically fit, exercise regularly at least three to five times a week. Engage in sports or activities that will allow you to be physically competitive to which you will enjoy. To be loyal and stick to your schedule, it is best to join a team, club or gym with a set program that will make you become a regular attendee. Be sure to join sports teams, like cricket, football, netball, or tennis. Strive to participate fully in physical activity programs at all times. Your body will love you for this. Below is two of my team members engaged in physical activity at the Community Centre.



Figure 13 to 15 highlight my exercise program with volunteers as we promote healthy lifestyle

Finally, get at least 6 to 8 hours of sleep at nights, and avoid drug and alcohol especially at school or at the workplace. Avoid smoking at the workplace and try not to smoke at all. Smoking at the workplace can cost your job due to substance abuse. It is also a leading cause of accidents

and injuries, and deaths. Substances abuse will result in loss of awareness, dulled reflexes, loss of consciousness, and impaired physical health and mental illnesses. This is considered a recipe for disaster especially in high-risk job where the lives of workers and or clients depend on you as a bus driver or telephone operator. The warning is, don't drink and drive. As a student, drinking and the use of drugs at school will not only get you suspension or expelled but will also affect your grades. Your overall performance will not be good and this will affect your future.

This course further equipped me with necessary tools to promote health. I will continue with my feeding and exercise program to spread the importance of a healthy lifestyle both mental, physical and emotional. Additionally:

- Nutrition nourishes your body
- Exercise strengthen your body
- Water rinse out and refresh your inside
- Rest helps to repair and restore the damage of daily wear and tear.

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