

3.4. Healthy lifestyle

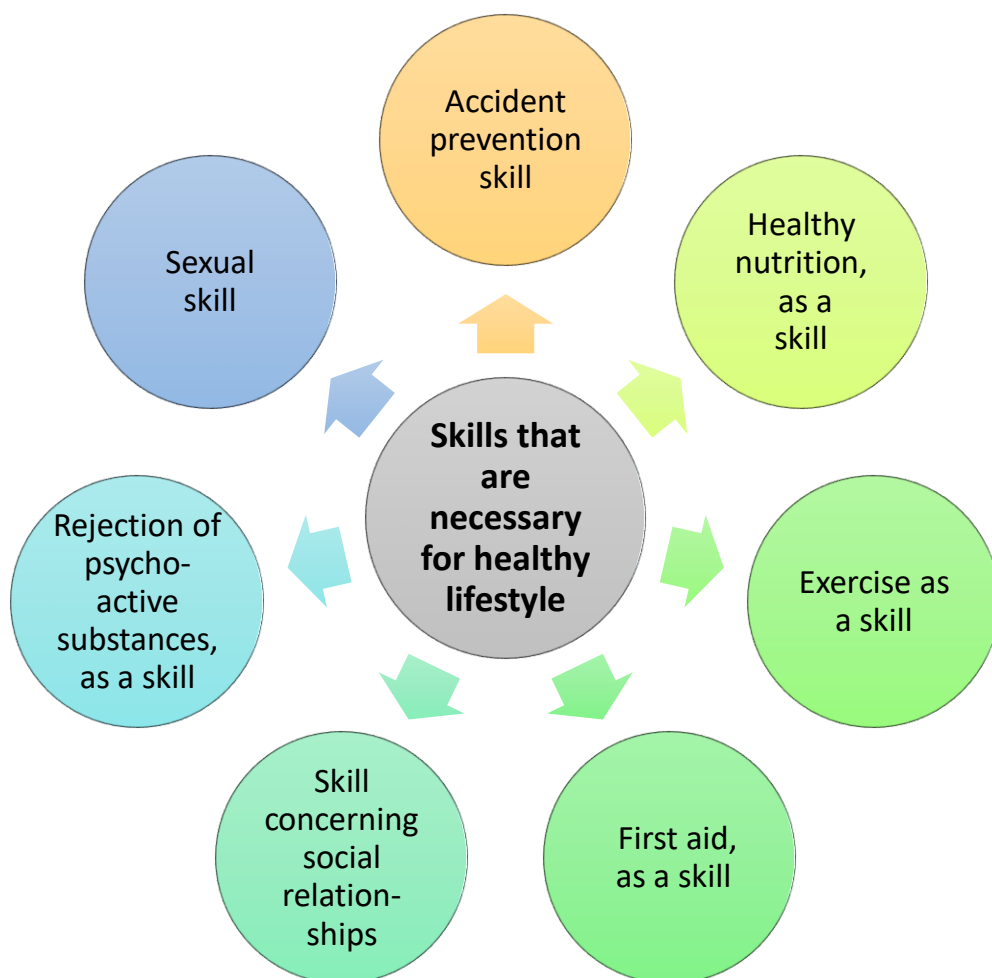


3.4.1. What is important to know?

Health is an integral part of our daily lives, we take it for granted, we often ignore it, we don't take care of it, because we have it; it becomes a value when we feel its absence. In our overstressed world, we do not think about the fact that we also have to do something to stay healthy. We don't know how to take care of it, what to do to keep it on the long term.

It is important that we have enough knowledge about the factors harmful to the health. We should be able to say no to the habits destroying health, and be able to make healthy decisions.

Skills necessary for living a healthy life are the following:



They can reinforce the existence of social relationships (supportive community), self-knowledge, self-assessment, the abilities of coping with problems and individual ways of coping with stress. They are also very important in terms of lifestyle, in addition to biological, organ endowments and age factors.

Natural components of healthy living:

Sunshine



Water



Sleep



Fresh air



Exercise, sport



Healthy diet



Health and physical activity

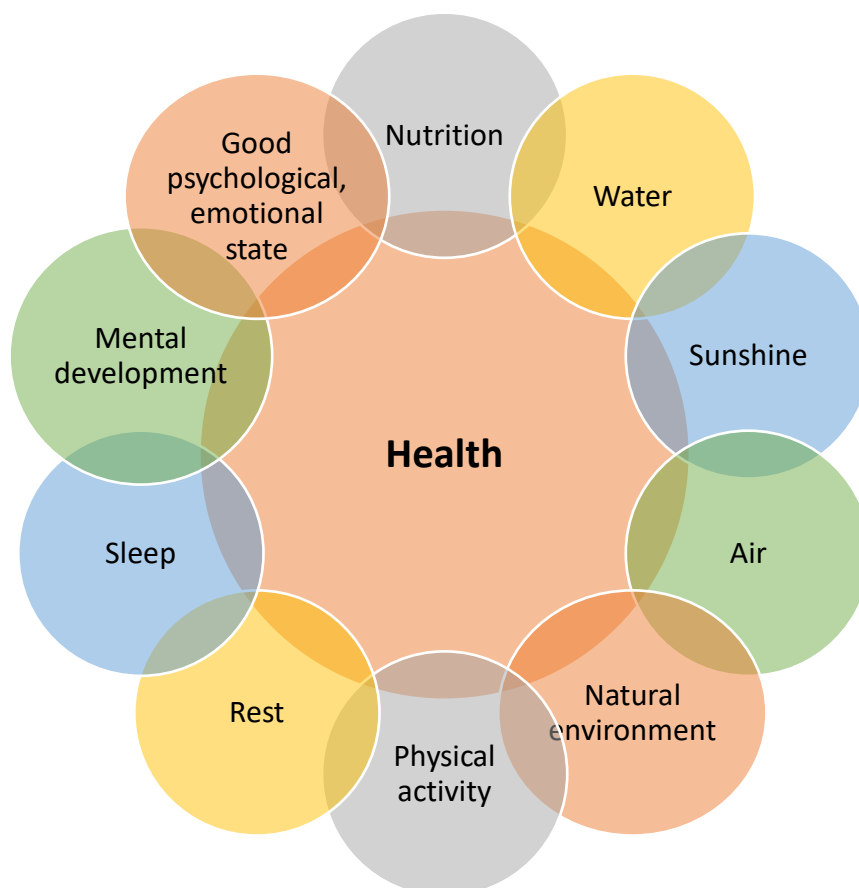
Mental health, which is reinforced by the stable environment, also includes physical health. Many people need (both) enough exercise and a healthy diet to preserve their health. Especially if one works at the office, sit all day long, and just quickly warms up some food during the short break. Exercise can also relieve

a lot of stress and tension, which is no longer in the home of our family. Friends and family can also be involved in such a programme. For example, if we do not manage to do so during the week, then let's cook something fresh at the weekend, preferably with other people. By doing so, we can make sure that our personal relationships, work and physical health are in balance.

In order to develop health-aware behaviour of the population, and to identify diseases and health risks early, it is important to promote and learn about prevention programmes already at an early stage of life. One illustrative form of the diversity of the components of health is the presentation of the health flower model.

Health flower

Health = being balanced in body, mind and soul



The concept of health includes joy of life, well-being, balance, satisfaction, motivation for work, creativity, fitness, physical, psychical and social adaptability. Health includes the ability to solve problems and manage emotions. It is the source of a positive self-image and of maintaining physical and mental well-being. Health is an ever-changing, dynamic concept for the individual, requiring ever-changing behaviour.

One can meet a wide range of expectations if they are able to interpret and respond to the challenges appropriately. Besides this, he can constantly adapt to his environment, engage properly in his family and other social relationships, plan his future, adjust his plans from time to time, in short, cope with life. The aim for all of us is to increase the number of years spent in good health and to protect our immediate relatives and family. Getting the balance right might be a very demanding task. Our ingrained patterns, habits and fears make it difficult to change our routinely, daily practices. Those who tend to be perfectionists or have difficulty saying no to extra requests from superiors, colleagues or family members also have a hard time. It's worth stopping and taking at least a moment to step out of this overwhelmed state. When we feel we don't have time for anything - it's important to prioritise tasks and consider our options, putting our own interests first.

