HEALTHY INSIDE AND OUT

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To function well and do our task accordingly we have to take some time to focus on our psychosocial and mental health. We cannot do our job well if we are emotionally stressed and mentally drained. Take a pause for a while, take a deep breathe, let us relax and recharge.

First and foremost, we must value ourselves, have some “me time”, treat yourself after a long week of work. Try to answer crossword puzzles and play board games to work out our mind to keep our memory sharp. Find new hobbies like learning how to dance or trying to plot a garden would help a lot in releasing stress and negativity.

Take care of your body, eat nutritious foods, drink plenty of water, have some exercise, avoid alcohol and drugs, and have enough sleep, those are the key for a maximum healthy lifestyle which can make us feel better.

Surround yourself with good people and positive outlook, it will give you a better perspective of life. Volunteering yourself is a good way of meeting new people. Extending some help to others and be open of asking for other’s help is a good form of socialization.

Avoid monotonous routine, you must try something new to lessen your boredom, you must add some spice for it to be exciting and not to be too predictable and boring.

In caring for our body holistically we must do some physical activities to lower the risk of stroke, diabetes, and other serious diseases. Being physically active has a lot of
benefits like improving brain memory and function, weight management, improving quality of sleep, having stronger muscle, bone, and a longer life.

Keeping ourselves healthy inside and out will make us view life at a lighter perspective, it will lead us to be more productive at work, and it will help us do our functions and duties beyond what is expected from us.

References:

https://www.reidhealth.org/blog/mental-health