TEACHERS AND STUDENTS MUST BE AWARE OF THEIR WELLNESS

by:
Ariel M. Santos
Teacher III, Orani National High School – Main Campus

Wellness is more than physical health and exercise of nutrition. It is the full integration of physical, mental, emotional, spiritual and social wellness. Students and teachers must be aware of this.

According to Bacon “A sick body is in prison.” Maintaining good well-being is not an easy task. It starts with being aware that something is wrong with one’s body; being conscious is just a small step to wellness, but it’s definitely, a start nonetheless.

The human body is truly a marvel with its myriad of capabilities surpassing all man-made innovations. At present, man is doing everything, to be healthy and fit, to have a sound body and mind and stable emotion as well as to be spiritually active.

Health organizations, Wellness companies, Private Clubs are advocating healthy lifestyle in relation to the prevailing global health trends. In return, the rising healthcare cost, thus turning the patients of diabetes, kidney diseases and other life-style related diseases to health supplements and herbal medicines.

To carry on healthy lifestyle, advocates of wellness, must launch different campaigns to promote nutrition, health and wellness to support health trends, discuss key wellness concepts and issues, and implement regular health activities.

The advocates and the government should campaign to increase awareness and encourage to start taking steps consciously to improve their wellness with nutrition and fitness practices. They will also have the chance to help individual define their wellness goals and track their accomplishments.
Definitely, we all want total wellness. But as we go through the rat race, where we juggle endless tasks to fit our busy schedules, we become an easy prey of stress and anger. Many individual, men and women alike delve into instant remedies.

We must not forget that we can only achieve wellness, if mind, body and spirit are together in harmony.

Reference: