

Interactive Role Of Physical And Mental Wellbeing In Human Development

Dr. Vilas Mahale

Assistant Professor

Veer Wajekar A S C College, Phunde, Uran

The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health." The term wellbeing is integral to the experience of health and happiness. Subjective well-being (SWB) refers to how people experience and evaluate their lives and specific domains and activities in their lives.

Happiness is sometimes used interchangeably with SWB, but the terms mean different things. Although SWB and happiness are correlated, SWB has a more wide-ranging definition. SWB looks at satisfaction generally, as well as a sense of satisfaction according to a particular person's standard. Assessing life satisfaction involves past experience and future expectations.

"Wellbeing" is defined as the psycho-biological capacity of human beings to experience happiness, self-esteem, empathy, esteem for other human beings, esteem for other living beings and for nature. Thus wellbeing encompasses both physical and psychological experience of wellness. According to Gro Harlem Brundtland, Director General, World Health Organization, "Psychological Wellbeing is a state in which individuals can realize their abilities, can cope with the stresses of life, can work productively, satisfactorily and make positive contributions to their societies" (WHO 2001). A Body that works properly is the basis for physical health. Physical wellbeing is experienced when the body is able to properly adapt to and recover from the stresses that it is placed under.

Relation between Physical and Mental Wellbeing:

A clear distinction is often made between 'mind' and 'body'. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

Physical health and mental health are strongly connected. Taking care of one physical health is scientifically shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

A balanced diet, proper sleep, and cutting down unhealthy habits such as smoking, alcohol, and drugs are some of the key physical health factors that can promote mental wellbeing. Some of the things that can affect mental wellbeing are stress, working too much, and being too inactive.

Studies are showing more and more that a holistic approach to health – linking physical, social, emotional, and mental health – is necessary for mental wellbeing. This approach also helps a great deal with managing and recovering from mental illness.

Role of Mental wellbeing:

Persons mental health influences how one think, feel, and behave in daily life. It also affects once ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

Characteristics of persons with Mental Wellbeing.

- A sense of contentment
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new skills and adapt to change.
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships.
- Self-confidence and high self-esteem.

Keys to Mental Wellbeing:

1. Social Connectedness

Make social connection a priority—especially face-to-face Connections should be a priority Reaching out is not a sign of weakness and it won't make you a burden to others. Make eye contact and exchange a smile, a friendly greeting, or small talk.

2. Staying Active

Staying active is as good for the brain as it is for the body

Regular exercise or activity can have a [major impact on mental and emotional health problems](#), relieve stress, improve memory, and help you to sleep better.

3. Managing Stress

Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you brings things back into balance.

4. Brain –Healthy Diet

An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system. Conversely, switching to a [wholesome diet](#), low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best.

Foods that adversely affect the mood include caffeine, alcohol, foods with high levels of chemical preservatives or hormones, sugary snacks, refined carbs (such as white rice or white flour) and fried food.

5. Quality Sleep

Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress. And over the long-term, chronic sleep loss can wreak havoc on your health and outlook.

6. Meaning and Purpose

Finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. It can also strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to improve mental and emotional health.

Physical Wellbeing. A state of physical wellbeing is not just the absence of disease. It includes lifestyle behaviour choices to ensure health, avoid preventable diseases and conditions, and to live in a balanced state of body, mind, and spirit.

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional wellbeing. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energise us and lift our mood.

The activities you engage in and the daily choices you make affect the way you feel physically and emotionally. Here are some tips to help you take care of your physical wellbeing.

Keys to Physical Wellbeing:

- 1. Get enough rest:** To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.
- 2. Learn about the food you eat:** The subject of nutrition is complicated and not always easy to put into practice. You will feel better if you learn about what you eat, how it affects your energy and mood, and practice healthy eating habits.
- 3. Exercise:** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, such as taking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise every day.
- 4. Steal a moment of sunshine:** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done while exercising, gardening, or socialising.
- 5. Avoid binging:** Consider how much alcohol, drugs and cigarettes you consume and think about limiting your intake.

Conclusion

A healthy balancing of the components of both physical and mental wellbeing factors are essential for the maintenance of optimum health and happiness to fully functioning body. Elaborating on the definition of health include the following parameters: psychological well-being (affective status, mental functioning), physical health (ability to proceed with activities, body integrity, and general physical capacity), general well-being and functioning (perceiving general health and expectations in regard to health in the future).

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