

STRATEGIES FOR IMPROVING PHYSICAL AND SOCIAL WELLNESS: A CONCISE REVIEW

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Abstract

With the alarming rate of mental health issues among people it is paramount we discuss and suggest strategies to improve physical and social wellness. This described the concept which entails more than just avoiding disease. The paper however shade more light on the concepts of physical social and mental wellness and explained the key strategies of improving them. The paper concluded that healthy lifestyle can prevent the worsening physical and mental health conditions. Furthermore, managing stress and anxiety can bring positive changes and improve overall well-being. This is because of the interconnectedness of body and mind that makes it more important to take good care of both simultaneously. The paper finally recommended that people should heed to all strategies herein to ensure optima physical, social and mental wellness.

Key words: *Physical wellness, Social wellness, Strategies and wellness.*

Introduction

Personal and social wellness means being physically, emotionally, mentally, socially and spiritually healthy. A healthy lifestyle helps balance all these aspects to achieve wellness (Lever, Mathis & Mayworm 2017). Ones decisions and choices will impact both on short-term and long-term wellness. It is important to take into account the overall personal wellness in order to increase the potential for academic success in educational program and get the greatest benefit out of it. The paper highlighted on some of the various strategies to improve on personal and social wellness (Lever, Mathis & Mayworm 2017).

Of course, in many of these aspects of personal wellness (physical, emotional, mental also spiritual) everyone will veer from good habits at least every now and then. But it's good to keep them in check and be conscious of the impact of the lifestyle. Too much of anything can become a destructive force in individual life (Umberson, & Montez, 2010).Activities you partake in terms of personal health will have a significant influence on physical and social wellness (Umberson, & Montez, 2010). Setting healthy habits early on will improve both lifestyle and long-term health.

Physical Health

There are many lifestyle choices that positive make impact personal wellness; negative choices can become vices and cause addictions that can impede wellness

for a few hours or lifelong, as well as positive choices which can promote health and help form healthy habits. Some of the most rudimentary lifestyle choices are choosing to nurture and protect body (Sievert, Lawrence, Naika, & Baker, 2019). Montez, (2010) highlighted ways to improve wellness:

1. *Get enough sleep* every night try to be consistent about ones sleeping routine. Studies show this helps brain function more effectively and it will improve social wellness.
2. *Keep hydrated:* Drink plenty of water throughout the day. Avoid pop, alcohol, and sugary drinks.
3. *Eat a balanced, nutritious diet:* Good nutritious food and a well-balanced diet will fuel body. Avoid junk food and processed food.
4. *Exercise regularly* and stay fit.
5. *Keep alcohol intake reasonable:* Over-consumption of alcohol reduces the ability to function efficiently or think clearly. It can cause devastating accidents. It can lead to alcoholism, which can destroy families and relationships, and can eventually lead to liver failure and death.
6. *Don't smoke!* It causes lung cancer, emphysema, chronic cough, shortness of breath and dull skin and it causes smell.
7. *Don't do non-pharmaceutical drugs:* They mess with the body's ability to do its job, and can cause addiction.
8. *Avoid harmful habits* that can take over your life. Gambling can ruin a family's finances. Sexual addictions can ruin relationships, and unguarded promiscuity can result in unwanted sexually transmitted infections (STI's) or unwanted pregnancies.
9. *Follow safety rules:* Buckle up. Wear your helmet. Use ladders carefully. Wear safety goggles, gloves and other protective equipment when required. These choices will help prevent unnecessary accidents that can have serious long-term effects.
10. *Spend time outdoors* and get fresh air and sunshine. Fresh air and sunshine help give the body vitality and vitamin D, which provides numerous benefits.
11. *Stay active:* Keep moving. Go for walks. Take the stairs instead of the elevator. Ride bike.
12. *Stay home* when you are sick. It allows your body to fight and recover from illness, and keeps others safe. No one wants illness, so stay home from work or school.
13. *Be cautious about cell phone proximity:* Cell phone manufacturers recommend keeping your phone at least 5-15 mm away from your body. There are concerns about the dangers of radiation exposure, though the findings are inconclusive.

Emotional Health

As well as looking after your physical health, it's also important to look after your emotional health. Emotional health keeps your heart in check, and helps you to keep your emotions reasonable (Sievert, 2019). Here are some ways to stay emotionally healthy:

1. *Don't hold onto grudges:* It helps to keep bitterness out of your heart to stay stress free from
2. *Do things that bring you peace:* Maybe that's going for a nature walk or a hike in the forest.
3. *Visit family and friends:* Get together with people you care about. This is always good for the heart. There is nothing like talking to a good friend and feeling known and understood.
4. *Join a team:* Go curling or play recreational soccer. Meet new people while you learn a new skill and keep active.
5. *Have some down time:* Sometimes it just feels good to let things go and watch a good movie. Rest, relax, cry, laugh and enjoy.
6. *Be aware of your feelings and attitudes:* Accept them and acknowledge your thoughts. Use positive self-talk.
7. *Develop your self-esteem:* Pursue things that matter to you. Get good at things that you care about. Give to causes that matter to you. Volunteer. These will help you feel good about yourself because you will feel like you are part of something important and are making a valuable contribution to the world.
8. *Make work count:* Using your gifts, skills and talents helps work be fulfilling and meaningful.

Mental Health

Mental health can be impacted by hormonal or chemical imbalances, circumstances, and lifestyle. This is a complicated issue, and in cases of serious depression, anxiety, and other mental health issues, it is important to get medical help through a doctor, psychiatrist, or other health professional Feeney & Collins, (2015). But everyone, no matter what level of mental health, needs to keep stock of their mental health. According to Oxford University researchers, having a severe mental disorder will decrease your life expectancy by up to 20 years. Depression can shorten your life by seven to ten years on its own (Feeney & Collins, 2015).

Keeping in a state of wellness can be helped by using these strategies Feeney & Collins, (2015):

1. *Eat well* good nutritional food contributes to the total wellbeing and has significant contribution to our health
2. *Sleep well* and keep a consistent schedule.

3. *Exercise:* Staying active is good for your mental wellness.
4. *Socialize:* Often when people struggle with mental health issues, they are tempted to lock themselves away from others, but this can often cause things to spiral downwards and get worse (Pantell, Rehkopf, Jutte, Syme, Balmes, & Adler 2013). Get together with people feels good, develop and strengthen relationships and enjoy a sense of belonging.
5. *Meditate:* Sometimes meditating on positive things helps provide a concentrated focus which can improve mental wellness.
6. *Keep informed:* Learn and educating oneself about latest findings and keep abreast on common discoveries in your field.
7. *Support groups:* Support groups bring together people of common mind and problems. They support and encourage each other and provide accountability. People are checking up on you to see that you are staying on track.
8. *Trust someone:* Share with a friend. Have a confidante.
9. *Avoid destructive influences:* Avoid websites which specifically exist to humiliate, berate, and degrade people. Yes, they exist, and they are toxic for your mental health.
10. *Stay sharp:* Challenge yourself intellectually and continually learn new things. Be active and purposeful about lifelong learning.
11. *Try new things:* Engage in creative and stimulating activities.

Strategies to improve Physical and Social wellness

The following are some of the strategies to improve physical and social wellness (Sievert, 2019);

Get enough sleep

How well you sleep has a huge impact on your physical and mental health. A good night's sleep is important for a healthy mind and body. Having enough sleep can make a significant difference in your overall health. It affects our moods, ability to learn and remember things. Other bodily functions such as appetite, metabolism, and hormone release are also affected by your sleep cycle.

Getting 8 hours of sleep can be literally cured to all of your life problems. Sleep boosts immunity and mental well-being. It can ward off medical conditions like heart disease, diabetes, depression and schizophrenia. Furthermore, studies have found that getting enough sleep aids in weight loss.

Practice yoga

Research suggests that practicing yoga can boost the well-being physically and mentally. Yoga composes of a wide variety of muscle stretching positions. It's an excellent way to relieve chronic pain while still increasing flexibility and endurance. Yoga also helps to relax the mind since it is normally done in a

relaxing atmosphere. The aim of yoga is the maintenance of physical and mental balance. Commit to incorporating meditation into your daily routine as a stress-relieving method. Both morning and night are excellent periods for meditation. If you aren't ready to do it every day, start with short practices two or three days a week. Sessions should be 5-10 minutes long in the beginning.

Build healthy relationships

Humans are a social group by nature. It should come as no surprise, then, that good, supportive relationships can have a huge impact on our physical and mental health. People who have good, supportive relationships are more likely to:

1. Have an enhanced immune system
2. Have an overall improved endocrine system

However, those who are lonely or alone will suffer health consequences. Isolation has also been shown in studies to have the same negative health effects as smoking or obesity. Hence, make sure to cultivate a few solid relationships with people you can trust. It may be a member of your family or a personal friend. Good relationships build a sense of belonging and self-worth. Consequently, social distancing in the time of pandemic can have an overwhelming effect on physical and mental health. So, to keep in contact with friends and family, take advantage of technology. Apps like Skype and Facebook are useful for video chatting, particularly if you live far apart. Healthy, thriving relationships can help you feel like a part of the community. It gives your life great meaning.

Eat from balance healthy food

You will not realize how much your food choices impact the way you think and feel until you start eating healthy. Our bodies and brains function better when we eat the right foods. So, choose nutrient-dense, minimally processed foods. Switching to a well-balanced, low-sugar, high-healthy-fat diet gives you more control over your well-being. It enhances sleep and mood, aids brain growth, and eventually improves your appearance and well-being. Depending on biology and other health factors, everybody reacts differently to such foods. An experiment about how the food you've added or removed affects your mood. Taking out the food with "negative value" is the best way to go. Eat food with good fats to improve brain functions.

Engage in exercise and keep the routine

Staying active can help you in a variety of ways. For instance, exercise prevents the worsening of physical and mental health symptoms. Physical exercise should be incorporated into your everyday routine to keep your body and mind safe. You don't need a gym membership to incorporate exercise into your daily routine. It's

important to choose physical activities that you enjoy. Physical activities need to be easily integrated into your daily routine.

Engage in something new every day

Humans need to be constantly working for self-development and a sense of accomplishment. You might have reached the peak of your career and assume that you have achieved everything. However, there must be a gnawing empty feeling at the back of your mind asking you what's next. People tend to become bored if their life comes to a halt. Do not become sluggish. Otherwise, you will not be able to experience the wonderful feeling that comes from setting and achieving a goal. The value of setting goals and having a purpose in life should not be underestimated. Having a purpose play an important role in the happiness and enjoyment of life

Conclusion

A healthy lifestyle can prevent the worsening of physical and mental health conditions. Furthermore, managing stress and anxiety can bring positive changes and improve overall well-being. The interconnectedness of mind and body makes it more important to take good care of both simultaneously.

Considerable research has demonstrated that the basic elements to maintain physical and social wellness of good health nutrition, exercise, not abusing substances, stress reduction—are important for preventing mental health problems and reducing the risk of cardiovascular diseases, diabetes, cancers, and chronic respiratory diseases, known to be the causes of nearly two thirds of deaths worldwide to promote good healthy living and productivity among human social and physical wellness most be given due consideration for a number of adult suffers from mental health issues subconsciously. Physical wellness is as important and life itself, to reduce the risk factors for non-communicable diseases.

Finally this paper recommends that people should heed to all strategies mentioned in this review to ensure optima physical, social and mental wellness.

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