

# Wellbeing

By Sandramaria Sampath Kumar 9A

In times like this when you're in the middle of a pandemic, that seems to ruin what is considered normal life, it's important to consider how well you are.

Your wellbeing is important for your health and overall happiness. Having a strong and well-adapted sense of this can help overcome difficulties and help achieve goals in life. Basically, having a high level of wellbeing helps you to be the better version of yourself.

Wellbeing is subjective. It will be different for legitimately all the individual 7.9 billion people that exist in the world and is based entirely on them and their being of existence. When it comes to you, your wellbeing will be based specifically on your thoughts, your feelings, your behaviour, your body, your past and present experiences, your attitude, your outlook, and the choices that you make.

Wellbeing is pretty general. You should be looking after all the aspects of your life if you want to increase your wellbeing. Improving your wellbeing won't always be easy but doing so will always be worth it.

Physical wellbeing is the ability that lets you maintain a healthy quality of life and get the most out of daily activities without being tired or having physical stress.

To improve your physical wellbeing you can do many things such as eating a balanced and healthy diet which is essential for good health and nutrition. Eating healthy will protect you against diseases such as heart disease, diabetes, and cancer. Eating a variety of foods will also help put you in a better mood, improve memory, improve muscle, teeth, and bone strength, and increase energy levels. Exercising and creating healthy habits to look after your physical health also help.

When it comes to mental wellbeing, I'd consider it to be the most important out of the states of wellbeing. Mental wellbeing is connected to emotional, psychological, and social wellbeing. It affects how you think, feel and act. It determines how you handle stress, relate to others, and make healthy choices. It's important at every stage of your life from when you're a baby to when you're considered old.

I'm going to get a bit technical here, so bear with me.

Research shows that high levels of mental health can be associated with increased learning, productivity and creativity, more prosocial behavior and positive social relationships and will also improve physical health and the life expectancy of an individual.

Having environments where you can thrive and reach your optimal potential in school and life, is focused on in positive mental health. At times, everyone experiences personal difficulties that may cause a disruption and/or confusion in our lives. Study usually involves a significant commitment of time and effort that has a disciplined routine required to achieve academic success which can place a significant stress on mental health. In times of high stress, it's important that we have strategies in place to protect our mental health.

All in all, mental health is just really important, and school can cause stress which may put stress on you and have a negative effect on your mental health and its important to be able to know how to manage it.

Such strategies include asking for help and talking about your feelings.

I know it's hard and sometimes painful or embarrassing to open up about how you feel, but it will help. You can get a different perspective from someone who may understand better.

No one here is a superhuman that can deal with everything by themselves as far as I know. It's normal to get tired or overwhelmed by how you feel or when things just don't go to plan.

Talk to people like family. This doesn't just open the idea to parents but people like aunts, uncles, cousins, grandparents, your great great great aunt if you have one, or that cousin that's removed 5 times if you know they exist. The whole lot. Friends are also great people to talk to and are possibly people that will be able to relate most and understand most. They know you and how you are and maybe even how to help. You can also talk to other people like teachers who can help you manage school or other trusted adults. We literally have a room dedicated to wellbeing at school and a whole staff faculty on standby if you need them if you haven't noticed.

People are here for you, and you don't need to fight battles alone.

Keeping in touch with people and taking a break to relax or do something that will take your mind off things also helps with your mental wellbeing.

### Sleep:

Sleep is plainly just the most important thing you can do to support your wellbeing. Not only does it take you away from reality, it lets your body and mind recharge so that when you wake up, you're refreshed and alert. Without sleeping properly your body cannot function properly. No guys, that two hours of sleep if you can even call it that doesn't count. You know who you are. You should be getting the 8-10 hours of sleep that scientists who have a lot of evidence to back themselves up recommend.