

# Healthy Lifestyle



Healthy lifestyle is not just eating right and being active, it also includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially etc.

Mental health is the bedrock for an individual's and a society's well-being, and efficient functioning. It is a lot more than just the absence of mental illness. The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. Neither mental nor physical well-being can exist without the other. Mental, physical, and social conditions are entirely intertwined.

Now, let us look at how physical activity affects it.



# Role of Physical Activity In Mental Health

**“Physical fitness is the first requisite of happiness.”** – Joseph Pilates.

The perks of physical activities are numerous, ranging from the benefits they bring to young children to mental health and happiness, as well as the endorphins and serotonin they release.

Endorphins are chemicals in your brain that make you feel relieve pain, reduce stress and make you feel good - boosting your self-esteem and helping you concentrate as well as sleep well and feel better.

By performing activities such as running, weightlifting, and cycling, you are likely to strengthen and tone your body. Witnessing these effects can increase your self-confidence and make you feel nicer about your image, thus improving your mental health.

Weightlifting


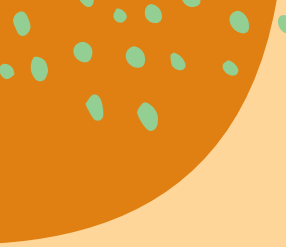



Cycling




Running





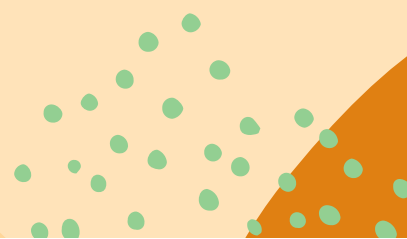
 Finding an activity, you enjoy can give you a goal to aim for and a sense of purpose. It could be any activity like Yoga exercises, or a short burst of 10 minutes of brisk walking. It can also be a great way to meet people, have a break from daily life and gain confidence.

 It's even better if you're able to get active outdoors. Research shows that being in nature can make us feel happier. Nature doesn't have to mean forests or national parks either: walking to a local common or simply noticing trees and flowers planted by the roadside can boost your mental wellbeing.

 Practicing breathing exercises and mindfulness can lead to better mental health and positive emotions. A prominent exercise is given below: -

**4 5 7 breathing method:** Close your mouth and quietly inhale through your nose to a mental count of four. Hold your breath for a count of seven. Exhale through your mouth, making a whoosh sound for a count of eight. Repeat the process three more times for a total of four breath cycles.

Everyone must follow a positive physical health plan for their mental well-being, after all, the body achieves what the mind believes!



# Clapping Exercise

Are you guilty of not exercising?  
Are you interested to know a simple exercise  
which costs you nothing?



IT'S CLAPPING EXERCISE!



Our body is a bundle of nerves and blood vessels. Our palms in specific contain nerve and blood vessel endings, which when stimulated through clapping, help improve our health and immunity to create a positive feeling in our mind.

Whenever you get a chance,  
**clap to the fullest!**

## Journal Prompts

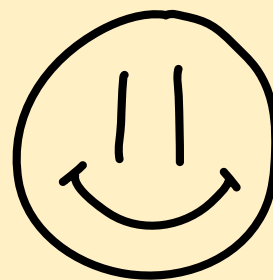
1. What are two of my body's greatest strengths or abilities?

2. What does it mean to you to be healthy?

3. My favourite music to listen to while exercising is.....why?

4. Do you think self-love and self-care are the same?

5. After I exercise, I feel...



# 3 Simple Ways To Self Love

Just like every other relationship, your self-relationship has the tendency to become toxic. Social media has influenced it in such a way that we begin to doubt the norm, comparing our lives with the unrealistically perfect ones of others.

It leads to self-doubt, feeling worthless, empty, ultimately spiraling into a void of mental health disorders.

It's time to end things, here and now, and make a difference. Your physical and mental health are your shield and sword that take you onward throughout your life.

It may seem like a huge stride to make, but here are three little steps you can take to help you achieve a sound mind and body:



## Drink Water



They weren't kidding when they said water is the source of life. Water is essential to keep every organ system in our body intact. Water helps regulate body temperature, transport nutrients and is necessary for digestion. Hydrating often is very important, especially because of current climatic conditions.

## Balanced Meals

Ensuring a balance of intake of food items from all food groups and making sure not to skip meals is vital to achieve good health and well-being. As per WHO recommendations, a healthy diet includes the following: Fruit, vegetables, legumes, nuts and whole grains



## Be Kind to Yourself

Begin by complimenting yourself, looking into the mirror (Try doing it with a straight face!) and have a good laugh. Practice quality self-care, be it me-time, exercising, meditation or mindful eating – treat your body kinder and you will learn to love and accept yourself.



## You're Not Alone!

If you take away anything from this, it should be that you are loved and cared for by those around you and don't doubt that! Reach out to those you trust when you feel low or conflicted, because we can achieve good well-being together.



# Back To Basics

Back to Basics is a new series that will be included in our newsletter from now on to provide information on a mental health disorder/term that is frequently used incorrectly. When people throw around words like "OCD", "Bipolar" casually in conversations, they never mean it in a positive way, which contributes to further stigmatization. Because of this, it's necessary that we understand what it actually is and how serious these disorders/terms are.



## What are eating disorders?

Eating disorders are behavioral conditions characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions. They affect our physical, psychological and social function. They're more common in young children than most people think. Often everyone thinks that having an eating disorder is a choice but that is absolutely incorrect. It is a disorder that takes time and effort to improve; you can't just "snap out of it".



## The three common types of eating disorders are:

- 1** Anorexia nervosa: An abnormal loss of the appetite for food.
- 2** Bulimia nervosa: When someone suffers from this disorder, they binge eat and then immediately empty their stomach.
- 3** Binge-eating disorder: This is a condition in which people consume unusually large amounts of food in a short period of time.

## How to help?

### DO'S



- Do** encourage your friend or family member to seek professional help.
- Do** show compassion and care, and listen to them non-judgmentally.
- Do** be patient. Recovery from eating disorders takes time.

### DONT'S



- Don't** be critical of someone's appearance. Even better, avoid commenting on a person's weight or appearance at all.
- Don't** get frustrated or annoyed by the person's eating habits or try to force them to eat.
- Don't** try to guilt-trip the person into feeling bad about their behavior by focusing on how it's affecting other people.

Having an eating disorder can be confusing and baffling, but just remember that you are loved no matter what, give yourself time and try understanding what it is!

# November Highlights

## Happy Hours

A wellness session organized for the ancillary staff. We reminded our dear blue uncles and aunties to take care of their mental health.



## Celebrating Life- A Musical Concert

Students of grade 9-12 performed uplifting songs to remind students to develop an attitude of positivity and optimism.



## Wellbeing Stall

Bookmarks, awareness pamphlets, activity sheets and green ribbons were given to all. There was also a “My Green ribbon Champion” aisle where students and teachers highlighted the names of their mental health champion, someone who inspires them to take care of their wellbeing.



## Observing RUOKDay

Boys of grade 10 and 11 presented a skit to highlight the importance of having meaningful conversations with their loved ones and how to help if they spot signs of struggle. Grade 11 girls presented a dance to the song, Permission to Dance reminding everyone that this is our time to pursue, follow our dreams and do what we want to.



## Nukkad Natak

Students performed a street play, calling upon their peers to openly talk about mental health and wellness and learn ways to support friends if they have a mental health concern.



## Credits

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