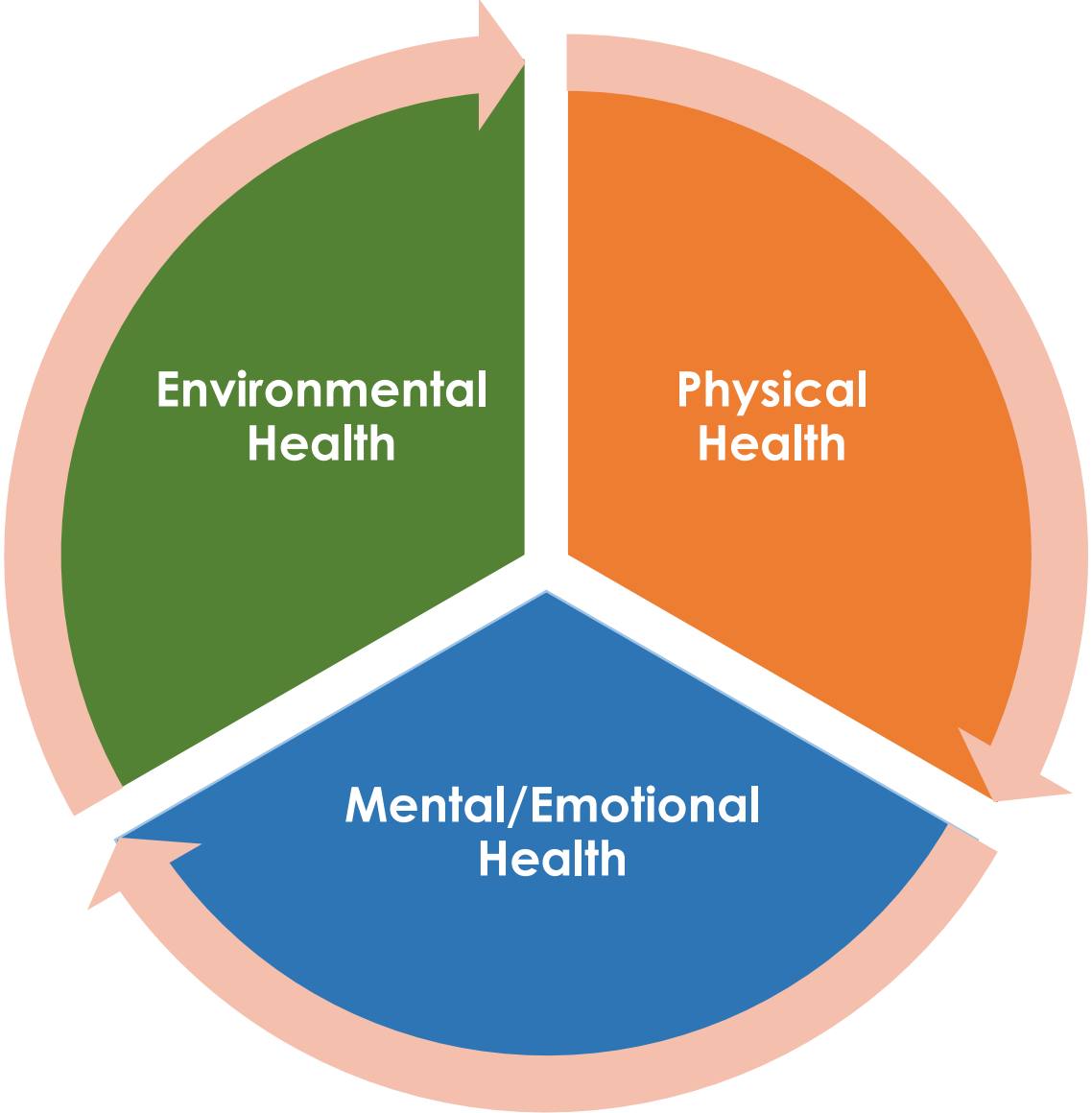




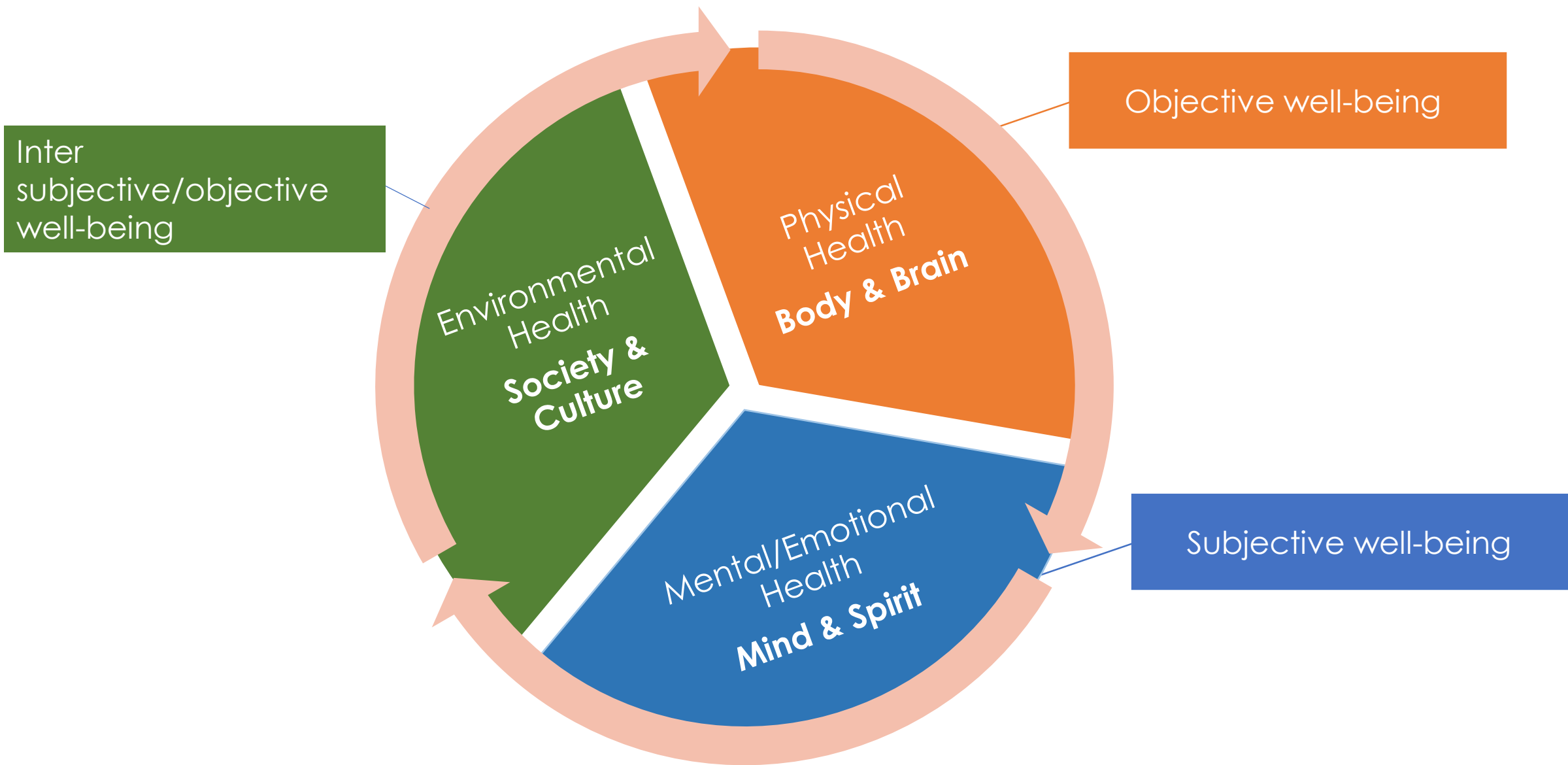
How to increase your physical & subjective wellbeing?



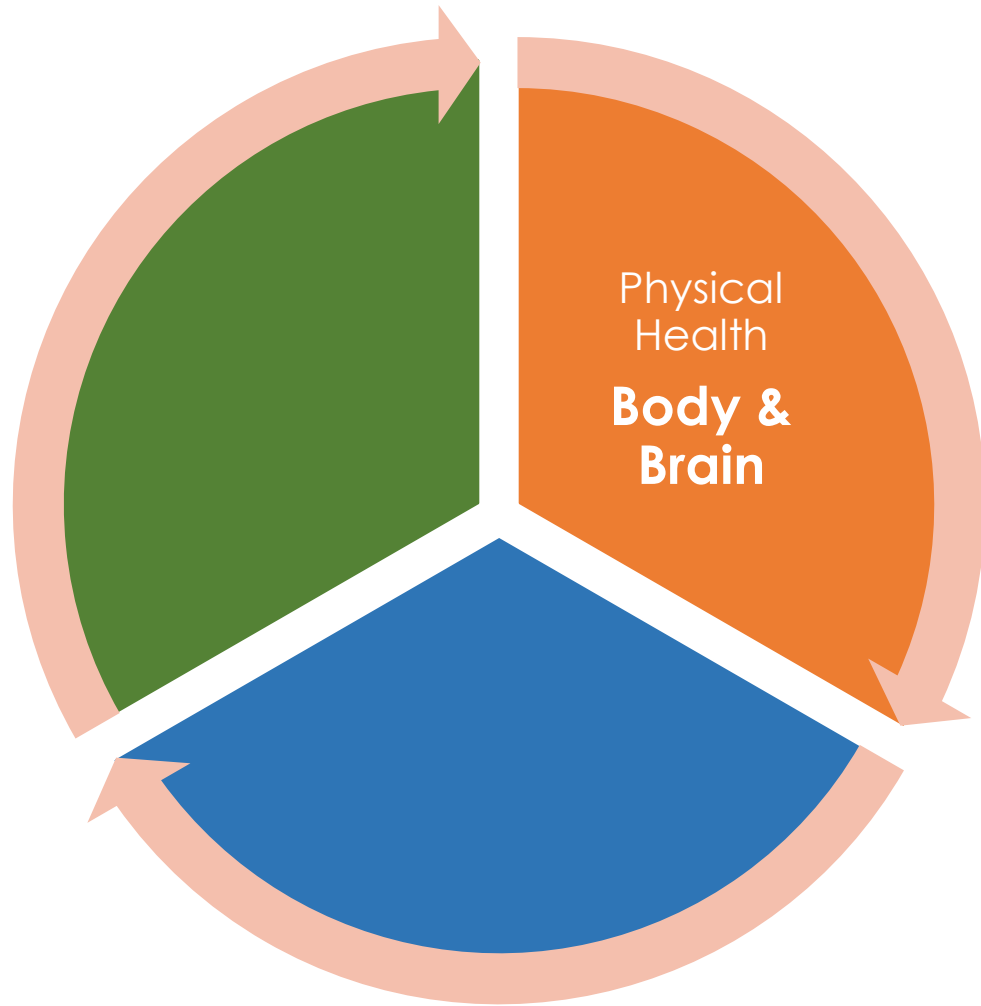
# PILLARS OF HEALTH AND WELL-BEING



# PILLARS OF HEALTH AND WELL-BEING



# PHYSICAL HEALTH - **BODY & BRAIN**



- Biochemistry
- Neurons
- Neural System
- Body structure





- Nutrition
- Physical Activity
- Exercise
- Other Lifestyle Choices

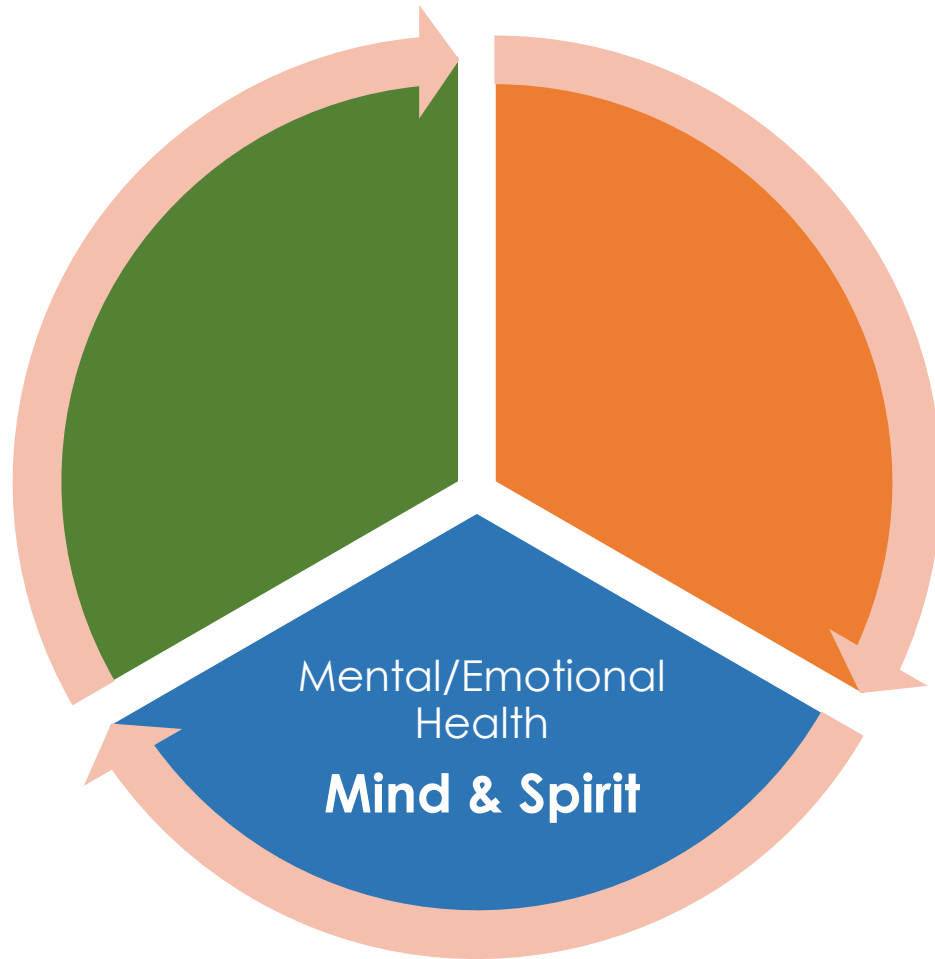
Almost 2/3 of NCDs deaths are linked to



tobacco use, harmful use of alcohol, unhealthy diets, and physical inactivity



# MENTAL/EMOTIONAL HEALTH - **MIND & SPIRIT**



- Embodiment
- Cognition
- Emotions
- Consciousness
- Awareness+

When we are no longer able to change a situation - we are challenged to change ourselves.

– Viktor E. Frankl



- Manage Sleep, Stress,
- Emotional health and nurturing social contacts
- Challenge your brain
- Expressive writing/art/music
- Mindfulness /Meditation/ Body awareness
- Spirituality/Meaning/ Purpose

“  
**EVERYDAY**  
You have a

**CHOICE**

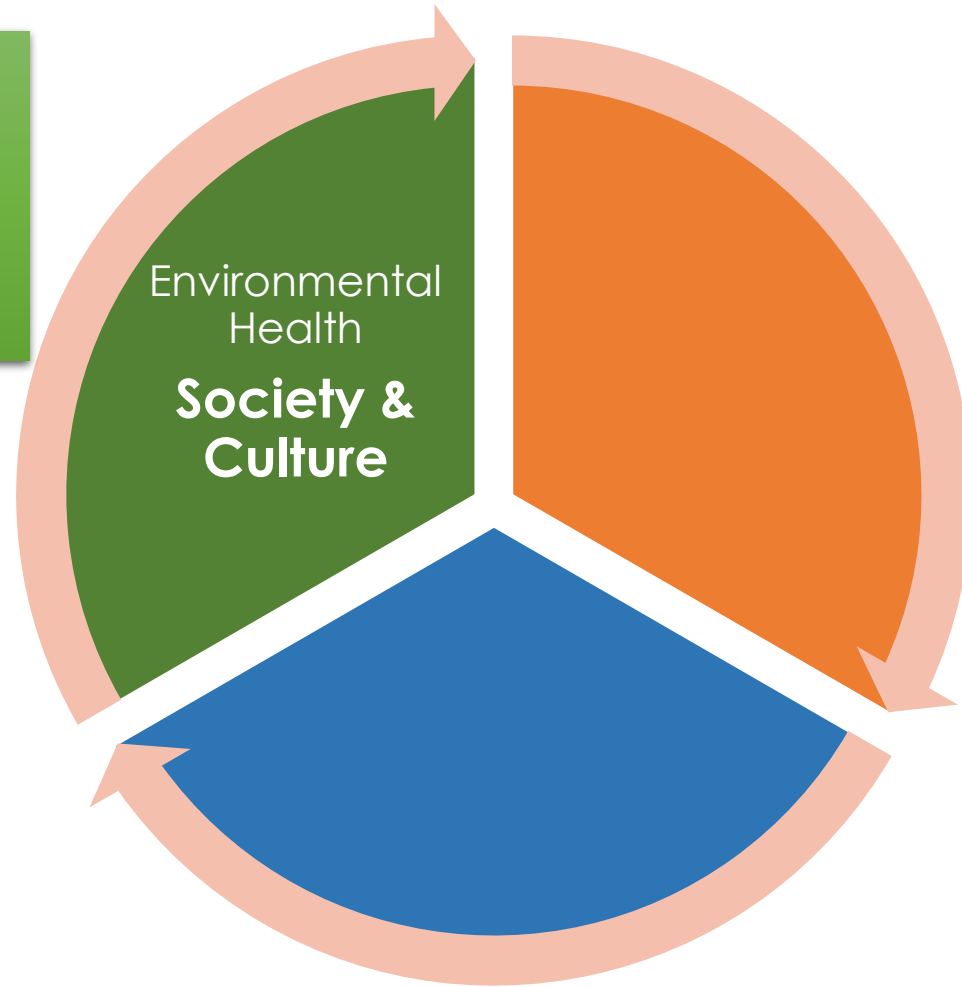
make a

**CHANGE**  
”



# ENVIRONMENTAL HEALTH - SOCIETY & CULTURE

- Microsystem
- Mesosystem
- Macrosystem
- Ecosystem



**WE CAN IMPROVE OUR ENVIRONMENT TO IMPROVE OUR HEALTH**

These WIN-WIN strategies are fundamental to achieving the



**1.** Apply low **carbon strategies** in energy generation, housing and the industry.



**2.** Use more active and **public transportation**.



**3.** Introduce **clean fuels** for cooking, heating and lighting and clean technologies.



**4.** Reduce **occupational exposures** and improve working conditions.



**5.** Increase **access to safe water** and adequate sanitation and promote hand washing.



**6.** Change **consumption patterns** to lower the use of harmful chemicals, minimize waste production and save energy.



**7.** Implement interventions that can increase **sun protective behaviour**.



**8.** Pass **smoking bans** to reduce exposure to second-hand tobacco smoke.

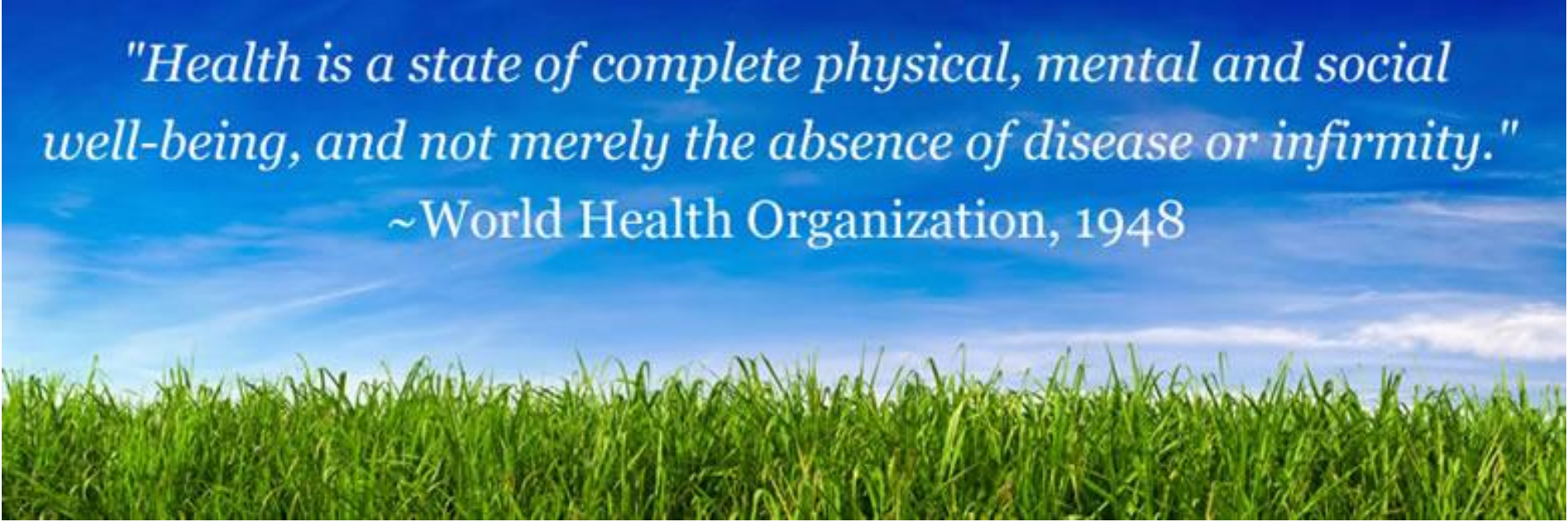


**9.** Always use a **health in all policies** approach to create healthier environments and prevent disease.

- Workplace, school & family relationships
- Broader social network, community
- Formal & informal social structures
- Culture or subculture, economic, social, educational, legal, and political systems
- Environment, ecosystem, nature







*"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."*

*~World Health Organization, 1948*

**Thank you!**

Resources:

<http://coulson-holding/total-wellbeing/>  
Judith@coulson-holding.com