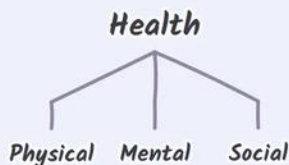


health as more than the absence of illness, and the pressures that damage it

The three parts of health

- health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease
- physical health is the body working properly, supported by food, exercise, sleep and hygiene
- mental health is the ability to cope with ordinary stress, work productively and relate to others
- social health is how well a person relates to the people around them and takes part in the life of a community
- the three are connected: prolonged stress harms the body, and illness affects mood and relationships
- so a person with no diagnosable illness may still not be healthy, which is exactly the point of the wider definition



the three parts branching from one heading: a definition naming only the first is incomplete, and the three affect one another rather than standing separately

What social health depends on

- family and friendships that offer support and someone to talk to
- clean water, sanitation and housing, which are social conditions rather than personal choices
- education and employment, which shape what options a person has
- freedom from discrimination, since being excluded damages health directly
- access to healthcare that is near enough and affordable enough to be used
- so much of health is decided by circumstances rather than by individual behaviour, which is why public measures matter

Stress, and how it is managed *

- stress is the body's response to pressure, and in small amounts it is normal and even useful
- prolonged stress is harmful, causing sleeplessness, poor concentration, irritability and physical illness
- common causes for students are examinations, expectations, comparison and lack of sleep
- regular exercise, adequate sleep and a routine are the most reliable defences
- talking to someone is a genuine remedy rather than a weakness, whether a friend, a family member or a counsellor
- seeking help early is far more effective than waiting, which is the point most worth taking from this topic

