Development of the self in society

Healthy and balanced lifestyle choices

Characteristics of a healthy and balanced lifestyle

- Living healthy, balanced lifestyle = live life to fullest.
- Means take responsibility for smart health, lifestyle decisions, plans, actions.
- South Africa, indigenous knowledge tells us there close link between spiritual, psychological, social, physical well-being.
- Illness caused by imbalance of any of aspects of wellbeing
- So, balance = health, lead balanced lifestyle = lead healthy lifestyle.
- According to World Health Organization (WHO), health - state of complete physical, mental, social well-being.
- Health not just absence of disease.
- Balanced, healthy lifestyle = prevent diseases, eat nutritious foods, physically fit, feel emotionally well, socially accepted, accepting, feel spiritually well.
- Activities engage in, daily choices make affect you on physical, psychological, social, emotional, spiritual level.
- Aspects of well-being linked.
- Neglect one aspect, other parts also suffer.
- Example, abuse substances, harm more than physical self.

Factors that impact negatively on lifestyle choices Factors that impact negatively on lifestyle choices:

- Accident sudden event not planned / intended, causes damage / injury.
- Accidents change life, prevent you, others from reaching goals.
- Accidents can be serious, example, car crashes, poisoning, fires, / something simple - breaking something.

Physical:	Become disabled, lose leg, break neck / suffer brain damage.
Psychological:	 Could feel guilty if caused an accident. May not be able to cope with life, work, lose sense of self-worth.
Social:	 Cause accident, may lose support of family, friends, shunned by community. Can't participate in social activities (jail / hospital).
Emotional:	 May become angry, depressed, sad, scared.
Spiritual:	May lose your faith.

Psychological, emotional, social aspects of life also suffer.

Balanced lifesty these aspects of	te - balance, harmony / evenness between I your life:
Physical:	Physically fit, healthy. Get regular daily physical exercise, pay attention to eating nutritious foods.
Psychological:	 Avoid risky behaviours, apply life skills. Develop yourself to full potential, do best at school.
Social:	 Good relationships with family, friends. Take part in community, social events, do volunteer work.
Emotional:	Able to explore, express, control emotions. Have fun, enjoy yourself.
Spiritual:	 Follow spiritual, religious / belief system, chosen, spend some time praying / meditating, reflecting on religious issues, reading inspirational texts. Follow rules of religion / belief system.

- Some accidents happen by chance, nothing you can do to prevent them.
- However, many types of accidents prevented something you can do.
- Type of accident depends on what caused it.

Examples	What you can do
Accidents caused I	by lack of knowledge and skills
Fires: example, electrical fires, fire crackers incorrect use of paraffin lamps	 Learn how to wire plugs properly. Use paraffin lamps carefully, safely. Learn how to use appliances safely read instructions.
Drowning	Learn how to swim. Find out about strong currents. Learn to perform CPR.
Poisoning: example from medicines / food - mushrooms	Know what medicines are for, how much should take. Learn to read warnings on labels. Read up on different types of mushrooms.
Work accidents	 Know how to use tools, example, electric saws, drills, welding machinery
Accidents caused i	by unsafe attitudes and behaviours
Car accidents	 Don't drink ,drive.

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M Woodhall

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