

# HEALTH AND HUMAN DEVELOPMENT UNIT 3 AND 4

## UNIT 3

### What is health?

- > Relates to the stage of a person's physical, social, emotional, mental and spiritual existence.
- > Relates to how the individual feels about their life in various dimensions.
- > The WHO definition is "health is a state of complete physical, mental, social wellbeing, not merely the absence of disease or infirmity."

### Wellbeing:

- > A complex combination of all dimensions of health, characterised by an equilibrium in which the individual feels happy, capable and engaged.

### Definition of health and wellbeing:

- > Relating to the state of a person's physical, social, emotional, mental and spiritual existence and is categorised by an equilibrium in which the individual feels happy, healthy and engaged.

### Disease and illness:

- > Disease
  - o Disturbance involving dysfunction or tissue damage
  - o A physical or mental disturbance involving symptoms, dysfunction or tissue damage
- > Illness
  - o Subjective concept relating to a person's perspective on a disease

### Optimal health and wellbeing:

- > Refers to
  - o An individual's physical, emotional and mental abilities
  - o Having optimal health and wellbeing reduces the risk of infectious diseases

### Dynamic concept:

- > Relates to how an individual's health is constantly changing.
  - o For example:
  - o A person with a migraine (low quality health and wellbeing) can rest and/or take medication that can improve their health and wellbeing

# Health And Human Development Unit 3 4

**S Nieto**



## **Health And Human Development Unit 3 4:**

## Whispering the Techniques of Language: An Psychological Journey through **Health And Human Development Unit 3 4**

In a digitally-driven earth where screens reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and psychological nuances hidden within phrases usually get unheard. Yet, situated within the pages of **Health And Human Development Unit 3 4** a fascinating fictional prize pulsating with organic emotions, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the psychological depths of this poignant review, we shall embark upon a genuine exploration of the book is primary themes, dissect their charming writing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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