

What is Good Health?

Let's take a minute to pause and think about our well-being. How are you feeling? How is your health? What are your thoughts focused on? Our well-being most likely has taken a few hits recently, with so many things going on in the world that are beyond our control. Just as many things can negatively affect our health, many things can also improve and strengthen our health. World Health Day, April 7th, is a great time to focus and maybe redefine areas in our life in order to improve our well-being.

But what exactly is well-being? Well-being is kind of like the whole package. A person's physical, mental, spiritual, emotional and environmental health all intertwining with other aspects of life to create overall well-being. For so long, the main focus has been on physical health - which is definitely very important. However, more and more we are seeing awareness around other components of health. Recently we are seeing people re-evaluating their work-life balance and contemplating their fulfillment from work. These areas of our life can have a large impact on our overall health, but usually are not brought up during discussions of health and well-being.

We are probably pretty familiar with physical health and how nutrition and movement can help us lead healthier lives. But how much have we thought about environmental health, work-life balance health and even spiritual health?

The environment we live in can have quite an impact on our health. Having access to clean water, healthy foods, walking paths and even a human support system will impact our health.

Faith is also being highlighted more as an important part of many people's lives to help them through the day to day struggles. Finding comfort in prayer, faith and the church community is very important to many people and their health.

So why talk about well-being for World Health Day? Our well-being obviously impacts us but can also impact others around us.

"Well-being is associated with numerous health-, job-, family-, and economically-related benefits. For example, higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities."¹

So many things may seem out of our control but if we just start to work on one area of our life at a time, we can see how we can be more present for those around us at home, at work, in the community.

How do you get started? Think about what area is most important in your life right now that you want to improve. Is it finding that work-life balance or fulfillment? Is it reconnecting with your faith? Is it reaching out to family or friends that you have drifted away from? Or perhaps it is refocusing on your physical health or mental health? Realizing that almost every area of our

life can impact our health gives us the opportunity to start improving our well-being by just starting in one area.

If you are wanting more information on how to get started and would be interested in connecting with a health coach, please call 760-499-3825.

Tera Moorehead is the Director of Community Outreach at Ridgecrest Regional Hospital. With dual master's degrees in nutrition and education, Tera shares her passion for health and wellness through various programs offered free to the community through RRH. You can contact her at 760-499-3825.

1. <https://www.cdc.gov/hrqol/wellbeing.htm#one>