

Health, Well-Being, & Quality of Life



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HELLO!

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► Objectives

- **Increase knowledge about Well-Being**
- **Tips & Tricks to Improve Well-Being**
- **Describe personal impact of well-being on a student**
- **How These Factors Affect an Economy**





For everyone, well-being is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself.

- Deepak Chopra



What is Well-Being?

- Well-being, also known as wellness is the quality of life
- Refers to what is essentially valuable to someone.
- Well-being can be either positive or negative



Quality of Life & Wellbeing (WHO)

- Individual's perception of their position in life relating to their goals, expectations, standards, and concerns
- Happiness comfort and health experienced





Physical status &
functional abilities

Psychological status
& well-being

Social interactions

QoL

Economical
and/or vocational
status & factors

Religious and/or
spiritual status

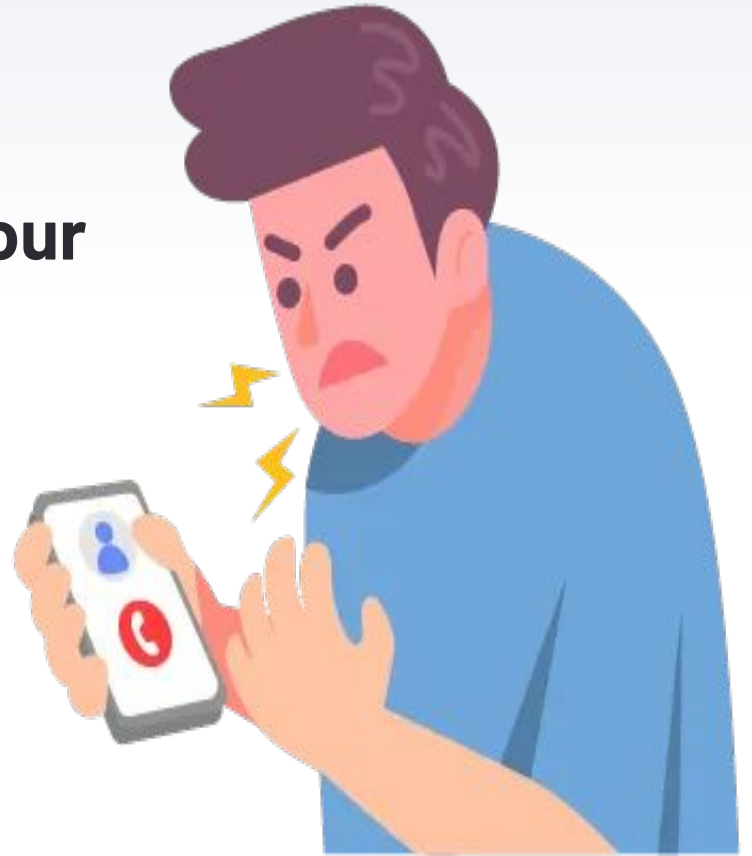
Personal Impact of Well-Being On a Student

- **Well-Being can have many personal impacts on students/individuals.**
- **Well-being enhances natural motivation**
- **Decreases disciplinary problems, increases academic achievement.**



Poor Mental Well-Being

- **Tiredness and lack of energy**
- **Finding it difficult to control your emotions**
- **Irritability and short temper**
- **Aggression**





78%
of students at
elementary schools
feel engaged



59%
of students at
middle schools
feel engaged



60%
of students at
high schools
feel engaged

YT

Tips & Tricks to Improve Well-Being at Home!

- Take Proper Sleep, Helps Body Function
- Eat healthy, well-balanced meals
- Learn to Live in the Present
- Find and Practice New Hobbies



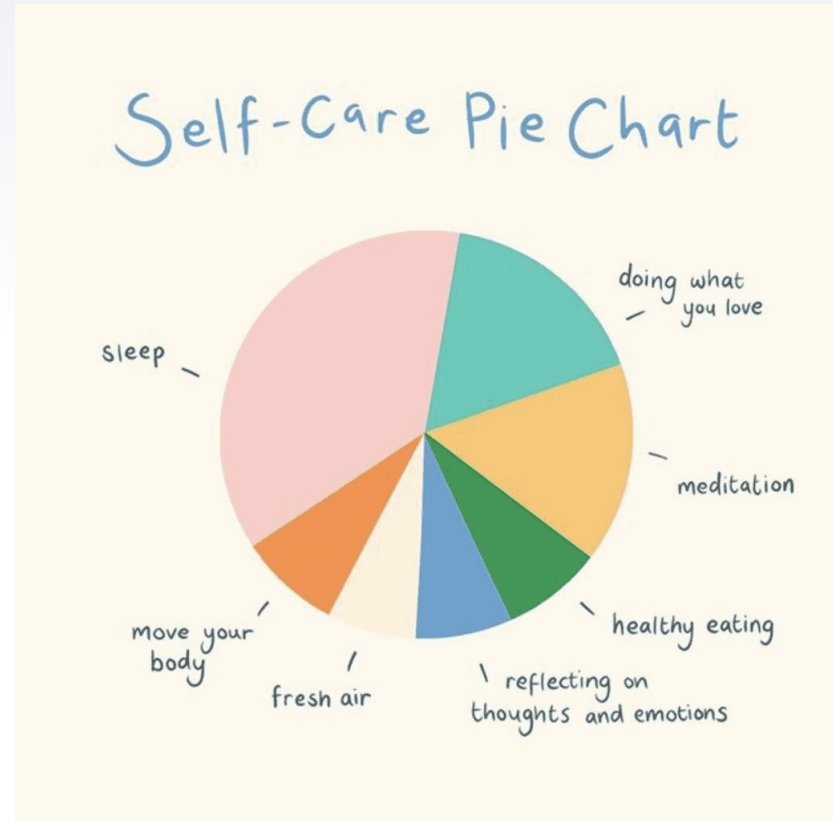
Tips & Tricks to Improve Well-Being in School!

- **Be Social, as Much as Possible!**
- **Try to Outsmart Stress**
- **Learn to Always Live in the Present!**



Innovation in Self-Care and Wellbeing

- **Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well.**
- **This affects a student personally because self-care helps to manage stress, and maintain professionalism**



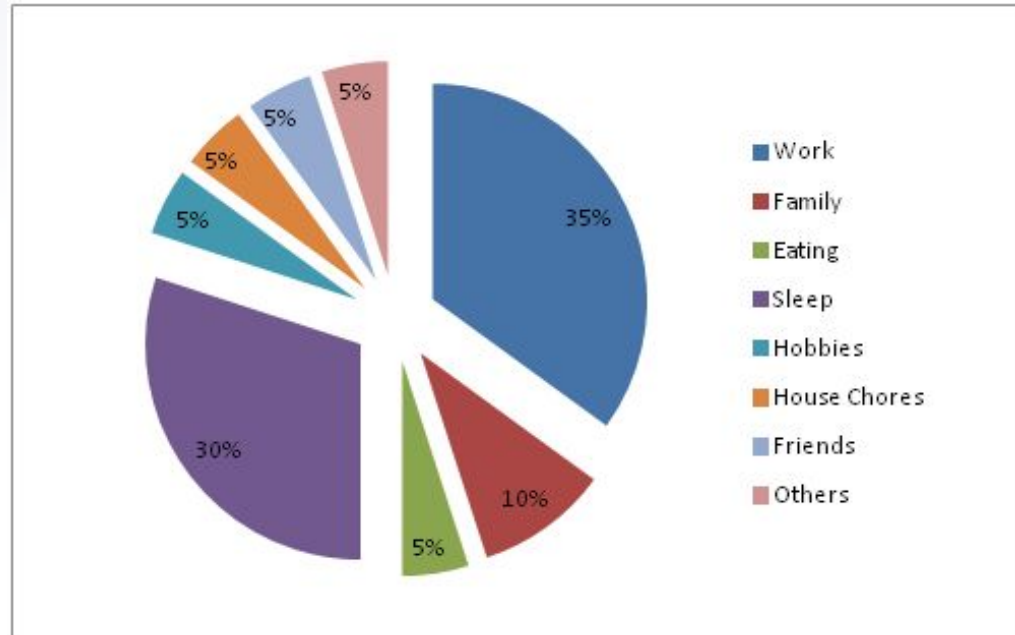
Healthy Sleeping Habits and Well-Being

- Helps student to relieve stress
- Allows student to be more productive in school
- Brain can process information better



Time Management Skills & WellBeing

- Students would get more done in less time
- Reduce of stress since everything is planned
- Boosts your confidence!



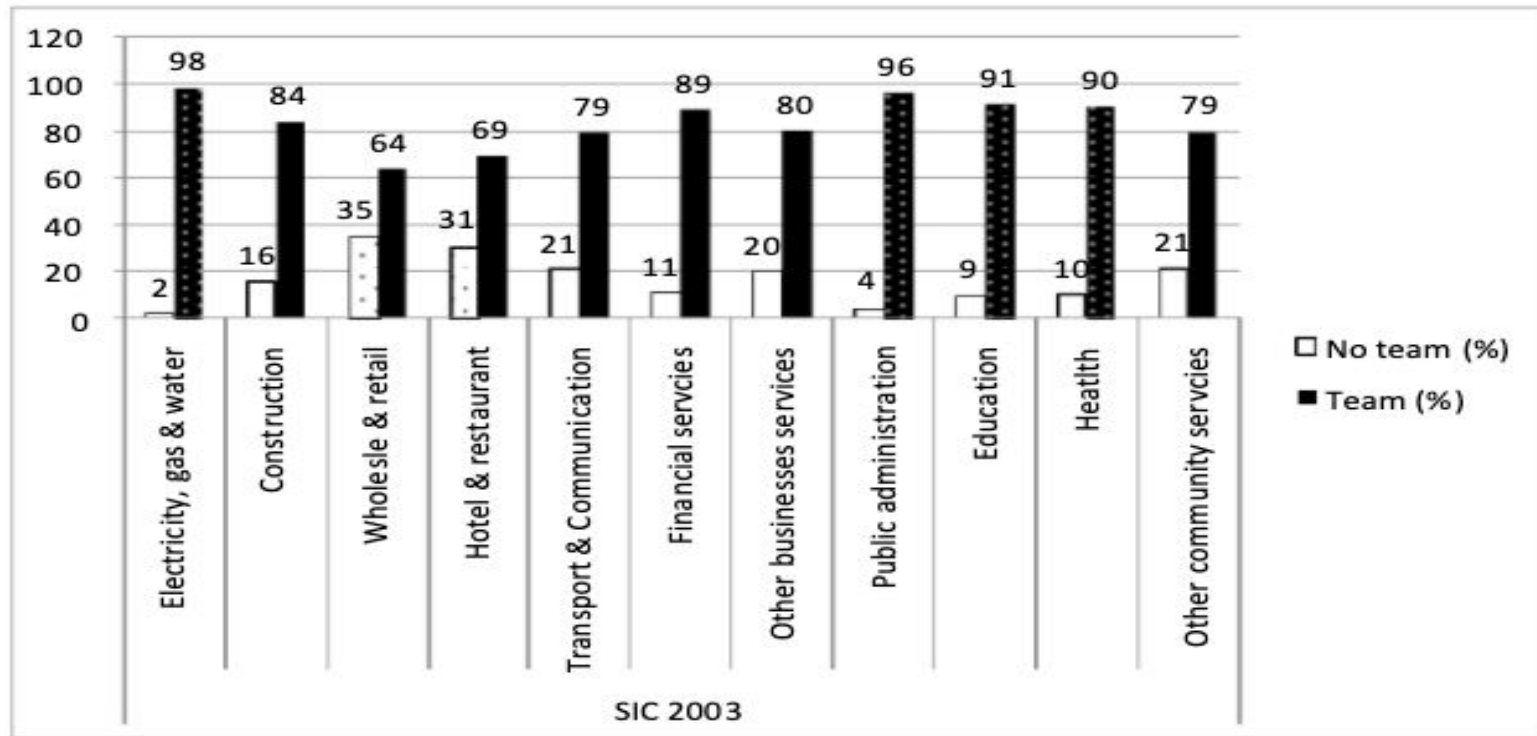
How Those Factors Affect the Economy?

- Time management habits lead to greater productivity, prioritise better and increase your productivity.
- Cost to the global economy is US\$ 1 trillion per year in lost productivity when no teamwork is involved.



Data Proves Teamworks Impact

Figure 1. Teamworking by sector

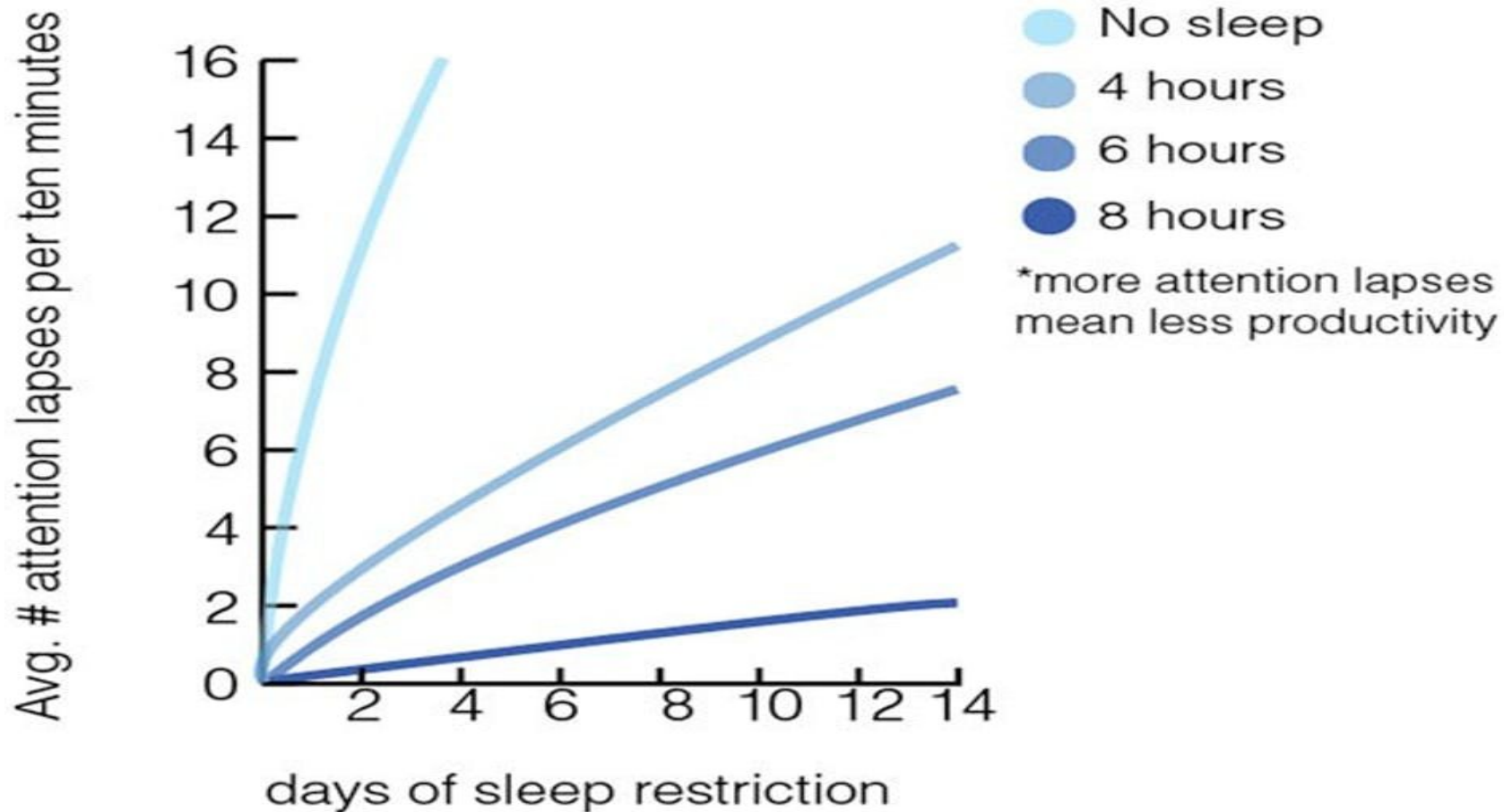


How Those Factors Affect the Economy?

- **Healthy Sleeping Habits Improves Productivity**
- **Increasing sleep from between six and seven hours could add \$226.4 billion to the U.S. economy**

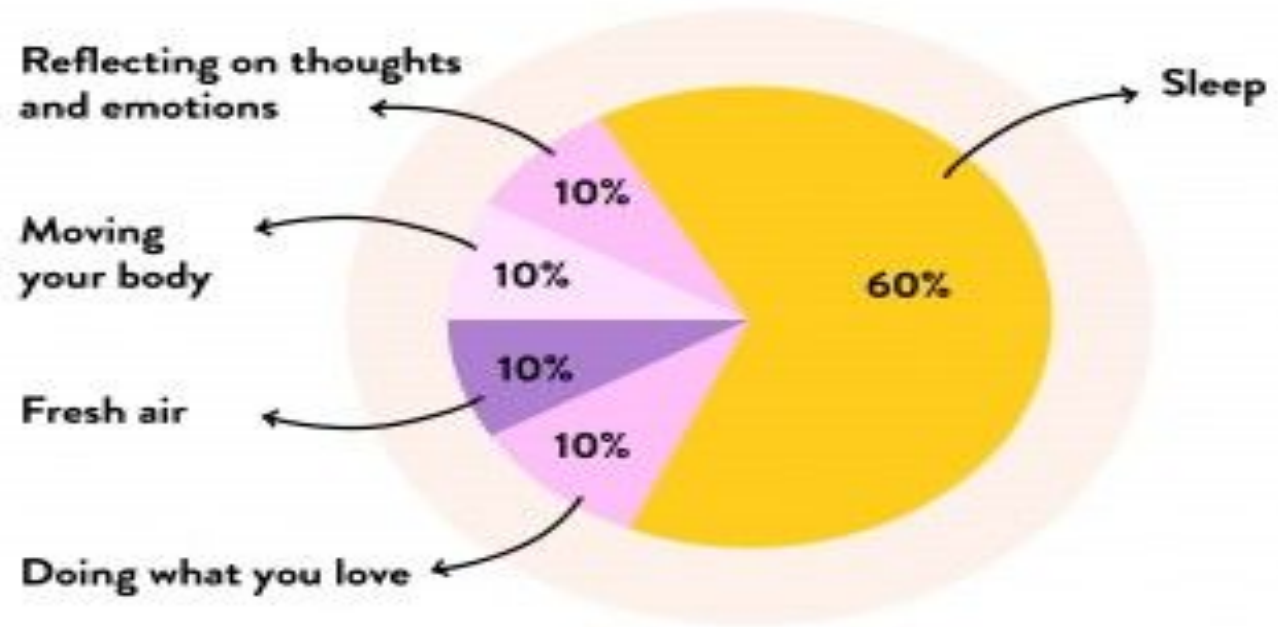


Sleeplessness and productivity



Self-Care & the Economy

Self Care Pie Chart



How would I Improve the Well-Being of Students?

- As an organization, I would Introduce Mindfulness Lessons
- Organize thrilling competitions in Schools, in order to motivate students
- Create extra-curricular activities where students can practice their hobbies



Strategies to Enhance Health, Wellbeing & Quality of Life

- Get quality sleep
- Eat healthy
- Exercise frequently
- Learn new skills



Strategies to Enhance Health, Wellbeing & Quality of Life

- Dedicate some time for resting
- Stop stressing on things that aren't important to you
- Read meaningful books
- Be optimistic



THANKS!

Any questions?

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Credits

Special thanks to all the people who designed this presentation with me!

- ▶ Designed by Saif Douglas
- ▶ Illustrations by Saif Douglas
- ▶ Photographs by Saif Douglas