

# Healthy Body & Mind



Aj.OOO – Assoc.Prof. Dr. Karnsunaphat Balthip

E-mail: [quantar.b@psu.ac.th](mailto:quantar.b@psu.ac.th)

Faculty of Nursing, Prince of Songkla University



# Congratulations

# Definition of Health

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

(World Health Organization)

# Holistic Health

**Physical dimension** - Physical body's condition & how well it functions

**Psychological dimension** - Self-esteem and self-concept

**Social dimension** - rapport with others, building good relationships, communicating with others

**Spiritual dimension** - Purpose & Meaning in life

# Physical Health

## Physical body's condition & how well it functions

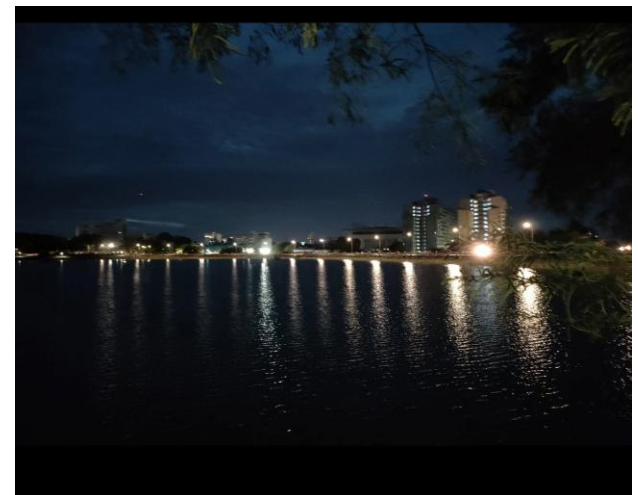
Does anybody have a healthy body?

Calculate - Body Mass Index (BMI)

$BMI = \text{Weight (Kg.)} / \text{Height}^2 \text{ (meter)}^2$

For example,  $50 \text{ (kgs.)} / (1.65 \times 1.65) = 20.27$

Google Search – Calculate the BMI



# Mental Health or Psychological Health

Mental health is important.

It impacts how we feel, think, and behave each day.

Our mental health also contributes to our decision-making, problem-solving, how we deal with stress, and how we relate to others in our lives.

If you adapt easily to new environments, it means both your mental and emotional health are in good shape.

Does anybody have a healthy mind?

## Depression screening form 2 questions:

1. In the past 2 weeks, including today, have you felt depressed, sad, or discouraged?
2. In the past 2 weeks, including today, have you felt bored and do not enjoy doing anything?

### Resources

- ❖ Supporting Officers of each Faculty
- ❖ PSU – Health Center (074-282239)



## Good Rapport

## Building Good relationships & Communicating with others

### Social Health

Social health is the ability of individuals to form healthy and rewarding interpersonal relationships with others.

#### Good social health looks like:

- ☐ Adapting to social situations
- ☐ Staying true to yourself in all situations
- ☐ Balancing your social and personal time
- ☐ Being engaged with others in your community
- ☐ The ability to develop and maintain friendships
- ☐ Creating boundaries in friendships and relationships
- ☐ Having a supportive network of family and friends



# Social Health

- If you meet new friends, how do you build relationships with new friends?

<https://www.youtube.com/watch?v=7UA5Ywi7zaE>

AT minute 1.2



## Finding purpose and meaning in life

Spirit is what can not be defined as part of the body or as part of the mind.

Spiritual health is achieved when you feel at peace with life.

It is when you can find hope, purpose, and comfort in even the hardest of times.

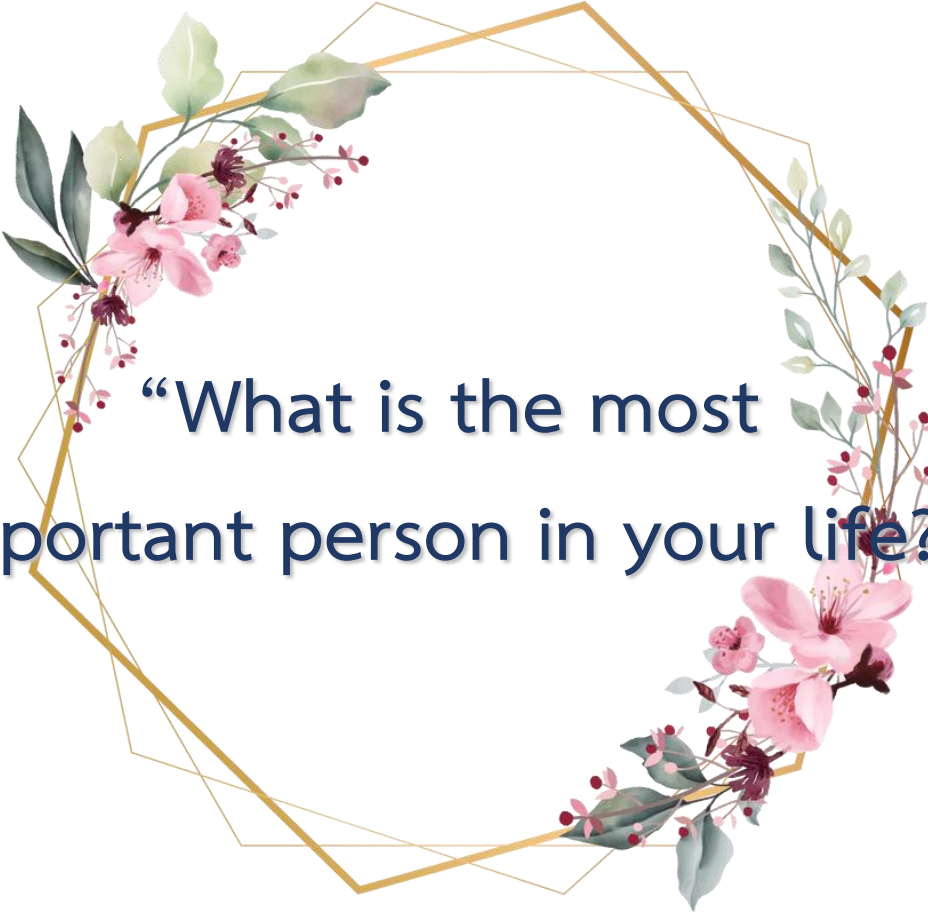
Spirituality is different for everyone.



# Significance of Purpose in Life

Why do I have to live?

Who do I have to live for?



“What is the most  
important person in your life?”



**Please write a letter  
to the one you love.**



## Homework

Count the good things that happen every day  
&  
Thank you for these good things

# Purpose in Life



“The purpose of life is not to be happy.

It is to be useful, to be honorable, to be compassionate,  
to have it make some difference that you have lived and  
lived well.”





---

**Our soul** is for  
**the Benefit**  
**of Mankind**

---





# Thank You

FOR YOUR ATTENTION

Aj.00000

