

Healthy Body & Mind



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Congratulations

On this exciting new chapter in your life!



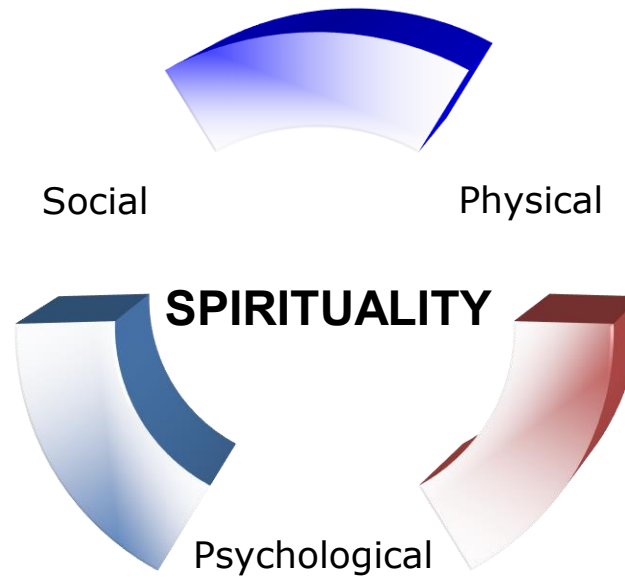
Definition of Health

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

(World Health Organization)

Healthy Body & Mind

Health: Holistic Health



Holistic Health

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

Psychological dimension - Self-esteem and self-concept

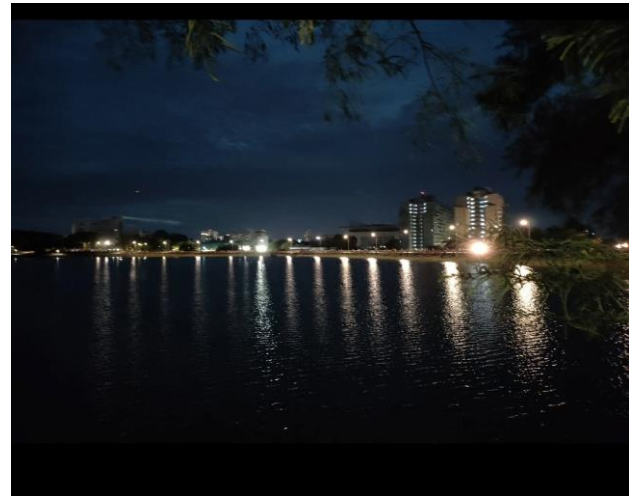
Social dimension - rapport with others, building good relationships, communicating with others

Spiritual dimension - Purpose & Meaning in life

In your opinion

**what are the most important behaviors for
maintaining a healthy body and mind?**

**Please give one piece of advice for
staying healthy.**



What is your best tip for building friendships with new people?



Role Play: Making New Friends

Work in pairs.

Introduce yourself.

Ask questions to get to know each other.

Find at least two things you have in common.

Share one tip for staying healthy.

Spiritual Health

Finding purpose & Meaning in life

Spiritual health is a sense of inner peace & meaning in life.

It helps you find hope, purpose, & comfort, even in difficult times.

What challenges do you think graduate students,

**especially international students,
may face?**



Definitions of PII


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.

(Ralph Waldo Emerson cited in Claremont Graduate University, 2018)

Significance of Purpose in Life

Why do I have to live?

Who do I have to live for?



**Who is the most
important person in your life?
And Why?**

Please write a letter to this person.

5-7 Minutes

Homework: Practicing Gratitude

Count the good things that happen each day
and be grateful for them. 

**A strong sense of purpose can guide us through challenges,
give us hope, & help us live a meaningful life. ✨**

I feel fortunate to have met you.

Thank you for being here today.



Aj.00

Our soul is for
the Benefit
of Mankind

