

## WELL-BEING AND DIET

**WELL-BEING AND PSYCHOPHYSICAL MALAISE** means to feel good with both body and mind.

To do it we must learn to know better ourselves putting our skills into action and having mastered security and trust in ourselves and in others.

Psychophysical malaise is what creates us anxiety, agitation, negative thoughts, disorders of the mind and body and affects our body creating fatigue and physical malaise.

### THE SEVEN PILLARS OF WELL-BEING:

- 1) **PHYSICAL WELL-BEING**: what makes our body feel good and self-care and to obtain it we have to love ourselves by doing what makes us feel better like washing, walking, do gymnastics and what charges us. Rest is also very good.
- 2) **SPIRITUAL WELL-BEING**: it lies in the search for inner peace practicing or meditating what makes us feel better like yoga or prayer.
- 3) **ENVIRONMENTAL WELL-BEING**: it means to respect the environment that surrounds us, taking care to pollute less, producing a little waste and using renewable energy.

- 4) **SOCIAL WELL-BEING**: it means to relate to more people and to promote the inclusion of everybody.
- 5) **INTELLECTUAL WELL-BEING**: it means to know things, to be educated, to have the European skills and to learn various topics. Curiosity and research help us very much.
- 6) **EMOTIONAL WELL-BEING**: it's to transform fear, anger and jealousy in positive energy knowing how to manage our emotions.
- 7) **FINANCIAL WELL-BEING**: it's what makes us feel good economically, that is having money to live on and to know how to manage them.

## **CORRECT DIET**

Diet is correct and balanced when rules and suggestions are followed both for quantity and quality of food. All the substances that are good for health must be present in our diet.

To learn how to take care of ourselves and to have an healthy life we must know diet that's the running of our body.

The wrong food intake can cause illnesses like: hypertension, metabolism illnesses and obesity. For a good diet is better to avoid harmful foods like junk food and industrial food because they have more calories, for example ready-made foods.

## **KEY WORDS**

1. **EQUILIBRIUM**



2. **EXERCISE**



3. **ENVIRONMENT**



4. **HEALTH**



## 5. DIET



## 6. MIND

