

The Different types of Health - World Health Organization (2025) defines health as more than just physical health but also mental health. Mental health is more than the absence of mental disorders, it is an integral part of health and is determined by a range of socioeconomic, biological and environmental factors. Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health. Using this understanding an individual can recognise that health is a positive source for living and helps enable resilience which in turn helps to deal with stress and anxiety people face in everyday life. Study.com (2023) states that a person's physical health is defined by the absence of disease and serious illness. It is also measured with general assessments that include weight, body mass index (BMI) and reflex tests, in relation to their age and sex. Study.com (2023) also explains that an individual's physical health relates to how effectively their body is functioning. This includes the effectiveness and reliability of their cardiovascular functions, respiratory functions and immune system. Kessler (2025) that there are four pillars that help an individual be physically healthy. these pillars being nutrition, exercise, relaxation and sleep. Nutrition is important as a healthy diet promotes bacteria in the gut that helps the 'feel good' signals get through to the brain. eating five servings of fruit and vegetables a day helps to achieve this and eating foods like wholegrain pasta and rice instead of the normal versions. Exercise is important as moving the muscles promotes endorphins and a chemical that helps the brain deal with stress. It is recommended by Kessler (2025) to do at least 30 minutes of exercise a day. Relaxation helps to mentally unwind and can help to reduce anxiety and increase energy and focus. Deep breathing and meditation are recommended techniques to help achieve this. Sleep is vital for a physically healthy lifestyle, and it is recommended that an average person gets between 7-9 hours of sleep a night. Mental health is an important factor when measuring an individual's overall health as it can influence their cognitive processes, how they regulate their emotions and their psychological resilience. Mental health foundation (2025) states that having a good mental health simply makes life easier. It helps to calm and comfort individuals when they are upset, scared and uncertain. It also enables them to make and maintain good relationships with others. Crucially, Mental health foundation (2025) explains that having a good mental health doesn't mean feeling good all the time, but it can help a person to bounce back. World health organization (2025) states that a poor mental health can cause difficulties in all aspects of life, including relationships with friends, family and community, leading to problems at work or school. NHS (2022) offers 5 steps to help improve mental wellbeing. Step 1 is to connect with others as good relationships help build a sense of belonging and self-worth. Step 2 is to be physically active as this can help raise self-esteem and can cause a chemical change in the brain which can positively change an individual's mood. Step 3 is to learn a new skill; this helps boosting self-confidence and can help with connecting with others. Step 4 is to give to others; this creates a positive feeling and a sense of reward and again helps to connect with others. The last step, step 5, is to pay attention to the present moment. In other words, mindfulness. This can improve mental wellbeing as it includes thoughts and feelings and helps an individual enjoy life more and understand themselves better. Social health is defined by ScienceDirect (2010) as the ability to perform normal social roles, how one gets along with others and how others react to them and incorporates personality, social skills, and one's available social support. University of Nebraska Omaha (2025) states that maintaining optimal level of social wellness allow individuals so build healthy relationships with others. Having good relationships with others can help an individual to feel comfort in themselves and who they are in social interactions. Social Connection (2024) states that social isolation and loneliness can increase a person's risks for heart disease, stroke, type 2 diabetes, depression, anxiety, suicidal thoughts, self-harm, dementia and could potentially lead to an earlier death. Employee resources (2025) states that to help improve social health it is important to self-care, make connections, make social plans, maintain connections with friends and family and seek help when needed.

Understanding health, wellbeing and lifestyles

Introduction - Health, wellbeing and lifestyle is a way that individuals measure the quality of life they have, and it influences directly on their experiences and challenges they have on the world throughout their lifetime. This essay will explore the nature of health, wellbeing and lifestyles and will consider their applications on life experiences and different environments.

Wellbeing - Wellbeing is defined by World health organization (2025) as a positive state experienced by individuals and societies. It is determined by social, economic and environmental conditions. BetterHealth (2022) explains that wellbeing is not just the absence of disease or illness. It a complex combination of a person's physical, mental and social health. Wellbeing is strongly linked to a person's happiness and their life satisfaction. Wellbeing is best described as how an individual feels about themselves and their life. There are many factors that can influence a person's wellbeing. BetterHealth (2022) states that a happy intimate relationship can be key in maintaining a good wellbeing. Also, a close network of friends, fulfilled career, money, exercise, balanced diet, sleep and hobbies are vital in improving wellbeing and happiness for an individual. A sense of purpose is crucial for an individual to feel a sense of worth, this sense of worth influences a person's wellbeing massively and can be a big factor in their decline or rise of wellness. Living in a fair and democratic society can effect an individual's wellbeing according to BetterHealth (2022). Mental Health Foundation (2025) states that living in a fair and community driven society can boost confidence, self-esteem and overall wellbeing.

Challenges of healthy living - The challenges that people face is often influenced by the socioeconomic and environmental factors. Responsibilities and full schedules can see a big portion of the population chose convenience over correct nutrition which results in increased consumption of processed foods. HealthDirect (2023) explains that this can also has a knock-on effect as the supply and demand of fast-food restaurants increase causing more to be available. The fast-food choice also presents itself as the cheap and easy option compared to the supposed more expensive and time-consuming nutritious foods and meals. HealthDirect (2023) adds that psychological stress and a poor mental wellbeing can contribute to a pattern of unhealthy eating, drinking and smoking habits.

Strategies to promote good health and wellbeing - Supporting health and wellbeing requires a combination of practical strategies that can help an individual create a better and healthier lifestyle for themselves which decreases the risks of health-related problems in the short term and long-term future. NHS Better Health (2025) explains that education is one of the top methods of understanding the impact of diet, physical activity and mental health on the body and mind of a person. NHS Better Health (2025) raises awareness through advice and public messaging that promotes a healthy and balanced lifestyle that is available and equally achieved by everyone regardless of area and background. Food Forward NDCs (2025) states that it is important to regulate the advertisement of unhealthy foods to improve public health desires.

Conclusion - To summarise, health, wellbeing and lifestyle are linked and collectively influence the quality of life experienced by individuals. Health is not merely the absence of disease but a holistic state encompassing physical, mental and social dimensions. Physical health depends on factors such as nutrition, exercise, sleep and relaxation, all of which contribute to the body's effective functioning. Mental health, equally vital, supports emotional resilience and cognitive processes, enabling individuals to cope with life's challenges. Social health and wellbeing are shaped by relationships and community engagement, which foster a sense of belonging and support. Lifestyle choices, including diet, physical activity, smoking and alcohol consumption, have profound effects on health outcomes, with unhealthy habits increasing the risk of chronic illnesses and mental health issues. Additionally, environmental and societal factors such as air quality, socioeconomic status and access to resources significantly impact individuals' opportunities to maintain healthy behaviours. Despite challenges posed by modern living, including the availability of unhealthy foods and psychological stress, strategies centred on education, public health initiatives and technological innovation offer hope for improved health and wellbeing. Future efforts must prioritise equitable access to health resources and address social determinants to ensure sustainable and inclusive progress in public health.

Lifestyle, the impact on health and wellbeing - Lifestyle refers to the daily habits and choices individuals make that significantly shape health and wellbeing. lifestyle covers areas such as diet, physical activity, sleep habits, stress management, emotional regulations and social interactions. In the UK, according to British heart foundation (2025), supermarkets are supplying more and more unhealthy food options than ever before due to the high demand. British heart foundation (2025) also goes on to explain that processed foods contain a high level of unhealthy ingredients and has a low nutritional value. Replacing the processed foods with fresh, nutrient dense foods can lower the risk of health problems like heart attacks, obesity and diabetes. It can also improve energy levels and reduce the risks of cardiovascular problems. Social interactions can have a monumental effect on an individual's lifestyle. During social events, individuals will likely be given the opportunity to smoke or consume alcohol, according to ScienceDirect (2024) a lifestyle that mainly involves the frequent consumption of drinking alcohol and smoking can seriously affect both the individuals physical and mental health over an extended period. This can have a damaging effect on their social and emotional behaviour and wellbeing. Smoking has toxic substances, such as nicotine and carbon monoxide, which is very damaging to organs, making it one of the leading causes of preventable illnesses and deaths in the UK, according to Ash (2025). That states that 8 million people a year die due to smoking habits. NHS (2025) states that long-term smoking can lead to many different life-threatening illnesses/diseases like lung cancer, mouth and throat cancer, heart disease and chronic obstructive pulmonary disease, which is a condition which damages the airways to part of the lung. Mental health foundation (2025) states that smoking in fact increases anxiety and tension, this is due to the nicotine giving the individual a sense of relaxation, yet the effect soon gives way and then the withdrawals and craving kick in, making the individual even more stressed and anxiety. Mental health foundation (2025) explains that adults with depression are twice as likely to smoke as adults without depression, suggesting that the two may be interlinked and go hand in hand with one another. Mental health foundation (2025) also delves into the effects of alcohol on lifestyle by stating that drinking an excessive amount of alcohol can be very damaging to the body and mind. It increases the risk of liver disease, high blood pressure, heart disease and heart attacks, digestive problems. The mental health of the individual is heavily affected as well, with alcohol being a depressant, it can worsen the persons anxiety and depression, leading to impaired judgement, mental fatigue and increases the likelihood of accidents and in some cases cause addiction.

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How the environment influences health and lifestyle - The environment and other social factors can have a big influence in shaping a person's health and their type of lifestyle. Living in areas that have poor air quality, limited free space and poor living conditions can increase the risk of physical and mental health issues. According to GOV.UK (2025), Air pollution can increase the likelihood of respiratory disease and heart problems. The socioeconomic status of the individual can play a part in the health and wellbeing as those from deprived areas are more likely to be exposed to poor air quality and face challenges with obtaining healthy foods and reduced health care. GOV.UK (2025) also explains that the area design can influence the activity levels of its community. By having safe, clear walking paths and available transport the overall activity levels of that area increase.

Role of technology - Technology, as the years go by, continues to be a massively contributing factor for how individual engage and educate themselves in understanding their personal health and wellbeing. Ferrante (2025) states that technology has the power to collect data from all part of the body and can report back results, making the individual have an increased sense of motivation to exercise, to hit their personal goals. Hejl (2020) states that technology allows people to have access to nutritious and healthy recipes, mainly from healthy foods apps. It can also allow individuals to track their progress, can monitor their heartrate, can help them access support for their mental health. They can also research any questions they may have about their health, physically or mentally.



(Source: Rushmoor, 2025)

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