



# THE STUDENT'S PRESS

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# MANAGEMENT RELEASE

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HEALTH AND HAPPINESS



## HEALTH AND HAPPINESS

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*The two most important components of our lives—health and happiness—are interrelated and dependent on one another. While being healthy allows us to enjoy life's simple pleasures, happiness has a significant impact on our general well-being. The connection between health and happiness will be discussed in more detail in this article, along with strategies for fostering both.*

### IMPORTANCE OF HEALTH

*Our physical, mental, and emotional well-being are all part of our health, which is an important piece of who we are. We need to look after ourselves in many different ways if we want to stay healthy. A healthy lifestyle must include eating healthy, balanced food, exercising frequently, and obtaining adequate rest.*

*Additionally, mental health is a crucial component of overall health and has a big influence on our wellbeing. Depression, anxiety, and stress are examples of mental health conditions that can have a negative impact on our quality of life as well as our physical health. Therefore, it is essential to put our mental health first by getting the help we need, taking care of ourselves, and doing things that make us happy and fulfilled.*

### IMPORTANCE OF HAPPINESS

*Being happy is a subjective sensation that is influenced by many different things. It includes emotions of happiness, fulfilment, and satisfaction with one's life. Happiness is the presence of pleasant feelings, which can help us deal with difficult situations and enhance our general wellbeing. Happiness is not the absence of negative emotions.*

*Numerous factors can contribute to happiness, such as close friendships, fulfilling employment or hobbies, and self-improvement. We can develop happiness in our lives by engaging in things that make us happy, spending time with our loved ones, and engaging in gratitude and mindfulness practises.*

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## THE CONNECTION BETWEEN HEALTH AND HAPPINESS

Health and happiness are strongly correlated, according to numerous research. People who are happier typically outlive those who are not happier and have better health outcomes. Similar to how maintaining good health can boost our mood and sense of wellbeing generally.

Positive feelings and happiness have also been connected to a number of health advantages. For instance, they can improve our immune systems, lower stress levels, and lessen the risk of chronic illnesses like diabetes and heart disease. Additionally, experiencing good feelings can boost resilience, creativity, and cognitive function.

## WAYS TO PROMOTE HEALTH AND HAPPINESS

Given their significance, health and happiness must be given top priority in our lives. Here are some suggestions for promoting both:



- **Engage in regular exercise** - Physical and mental health can both benefit from exercise. It can lower the risk of chronic illnesses, elevate mood, and increase self-assurance.
- **Consume a Healthful Diet** - A balanced diet full of fruits, vegetables, lean protein, and whole grains can enhance general health and lower the chance of developing chronic illnesses.
- **Get adequate Sleep** - Both physical and mental health depend on getting adequate sleep. Sleep for 7-9 hours each night to feel refreshed and rested.
- **Develop Strong Relationships** - Spending time with our loved ones can make our life happier and more fulfilling. Spend quality time with your loved ones and friends.
- **Find Meaningful Work or Hobbies** - Finding meaningful work or hobbies might enhance our general happiness and well-being.
- **Practice Mindfulness and Gratitude** - Being mindful and appreciative of the good things in our lives can help us feel happier and more content.

The two most important components of our lives—health and happiness—are interrelated and dependent on one another. We can live a more contented and meaningful life by giving both equal importance. There are various strategies to enhance health and happiness, including regular exercise, a balanced diet, building connections, and pursuing personal interests. Keep in mind that even tiny adjustments can have a significant impact on general wellbeing.

*By- Priyal Jindal*

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