



DAV PUBLIC SCHOOL SECTOR 14 - 10A GURUGRAM

"DAV WELLNESS"

Monthly Newsletter (April 2023)

"HEALTH AND WELLNESS"

Dear students,
Welcome back

HEALTH:- Health, according to the World Health Organization, is a state of complete physical, mental, emotional, social and spiritual well-being and not merely absence of disease and infirmity.

WELLNESS:- Wellness is the act of practising healthy habits on a daily basis to attain better physical and mental health outcomes.

A- Physical Care:-

- Eat a healthy balanced diet, avoid intake of processed food
- Maintain personal hygiene
- Adopt an active lifestyle
- Follow a sleep regime (7-8 hours)
- Regular Medical checkup
- Rest after work and when you are unwell
- Go for a walk regularly

B- Social Care:-

- Write thank you note
- Play board games with friends
- Host a party
- Call a loved one
- Take a walk with a friend
- Take a coffee break with friends.
- Smile to a stranger
- Meet new people
- Be polite
- Learn when to say 'yes' or 'no'

C- Emotional Care:-

- Spend time with loved ones
- Write down a list of things you are grateful for
- Spend time with pets
- Say ' I love you ' in the mirror
- Help someone in need
- Respect yourself
- Stress management
- Express feelings
- Self forgiveness

D- Mental Care:-

- Practice a hobby
- Learn something new
- Read good books
- Do something creative
- Spend time in silence
- Go on a day - trip
- Practice patience
- Minimize screen time
- Take fresh air and sunlight
- Practice breathing exercises

E- Spiritual Care:-

- Meditate for 10 minutes
- Pray
- Prioritize and imbibe values
- Stand by your morals
- Observe your thoughts
- Volunteer in your community
- Spend more time with nature

