



HEALTHY LIFESTYLE

GOOD HEALTH AND WELL BEING

After completing this lesson, students will be able to:

- ask and answer questions of personal relevance, information, and a variety of communicative purposes
- examine how an author develops and contrasts the points of view of different characters or narrators in a text. Critique the plot development with respect to different aspects of the story
- write formal letters to people in extended academic and professional environments for various purposes
- identify and use adjectival, prepositional, and adverbial phrases in reading and writing tasks

Main Theme: SDG-Millennium Development Goals

Sub Theme: Good Health and well-being

Pre-Reading Questions

- Do you think health and well-being is important for us?
- What do you think are the ways to keep ourselves healthy?

Health and well-being are the buzzwords that we hear a lot about today. While being healthy and well sounds great, figuring out how to generate those qualities is easier said than done. Health and well-being are connected, but they are two different things. What is health? Health can be thought of as the state of being free from injury or illness. Physical health means living in a body that is strong, capable, and free of disease. Mental health, meanwhile, means having a mind that is strong, capable, and free of disease. If we are mentally healthy, we can navigate daily life and its setbacks without excessive or debilitating stress, frustration, anxiety, or sadness. Taken together, physical and mental health affects everything we do.

What is well-being? If you consult the dictionary, health and well-being might be described as the absence of “negative” things, like mental distress and physical illness. A more positive well-being definition might be the maintenance of physical, mental, and emotional stability and balance – not just the absence of illness. From a scientific point of view, there are two types of well-being: objective and subjective well-being.

Objective well-being: Objective well-being has its foundations in basic human needs, including food, education, health, safety, and shelter. Objective well-being rises and drops with social, cultural, and political events, and can be gauged by asking people to self-report their overall well-being.

Subjective well-being: Subjective well-being, on the other hand, can be measured by asking people how they feel about their well-being. It relies on less tangible (but no less important) measurements, like satisfaction, social well-being, happiness, and a sense of meaning.

When objective and subjective well-being come together, they create an overall sense of wellness. But why does it matter? The answer is simple: a foundation of mental and physical wellness allows us to function at our highest potential. If your health and well-being are

lacking, everything else in your life, personal and professional, is more difficult and less rewarding. Let's take a deeper look at why that is. One significant impediment to health and well-being that most of us experience is stress. When stress affects us, it bleeds into every aspect of our lives, including our relationships and personal lives. While stress can come from many places, one common culprit is work.

For a real-world example of how stress can impact the health and well-being of employees, look no further than some of the tech companies that have come under fire in recent years for employee treatment. Whether it is delivery drivers, warehouse workers, or programmers sleeping under their desks, demanding company goals and policies can result in excessive stress for workers. This, in turn, increases injury and exhaustion rates (thus damaging employee health). Consider this: 94% of American workers report experiencing "extreme stress" at their jobs. Each year, this work-related stress results in about \$190 billion in healthcare costs. Excessive stress also makes it harder for workers to perform effectively and "leave work at work", thereby decreasing employee well-being.

While many companies have responded to complaints with a renewed commitment to employee wellness, the stresses of our modern workplace can pose real risks to health and well-being. How does well-being affect health? We've discussed how stress impacts health and wellbeing, but how does well-being affect overall health? There's a direct link between our well-being and our physical health. Poor mental and physical well-being impacts our ability to fight off chronic diseases and make healthy choices. Put simply: when our well-being starts to suffer, our physical health declines, as well.

Think of it this way: stress is a factor that impacts well-being. When people experience excessive stress, it increases the risk that they will also develop depression. Developing depression drastically decreases a person's well-being. Once this happens, a person's physical health also begins to suffer. While depression is technically a mental disorder, it has real impacts on the body. For some people, depression causes weight changes, gastrointestinal upset, forgetfulness, difficulty with short-term memory, and much more. The bottom line is this: it's impossible to perform well or stay physically or mentally healthy when well-being is lacking.

Just like well-being impacts health, mental health has very real and far-reaching impacts on physical health. Good mental health is essential to good physical health. Here are a few facts that illustrate that point: Healthy lifestyles - defined as those that include a balanced diet, ample water and exercise, and adequate sleep - can prevent the development of mental health conditions, including depression and anxiety. Healthy lifestyles can also help people recover from mental health issues, including those living with depression and anxiety. Hence, when it comes to mental and physical health, it's impossible to have one without the other.

While Reading Questions

- What healthy habits do you have? Think of ways to promote well-being in daily life.

Both physical and mental health impact well-being. When people feel mentally fit and balanced, they're more resilient. Being better equipped to cope with life's difficulties and bounce back from difficult events improves overall well-being. Likewise, both objective and subjective well-being affect mental health. When people's basic needs — including shelter, food, and freedom from discrimination and violence — are met, people tend to be happier, less stressed, and more present in their daily lives. This illustrates how comprehensive well-being promotes good mental health.



Bringing more well-being into your daily life is as easy as adding a few new habits. Here are a few of our top tips:

1. Connect with Others

Relationships with other people are critical to our well-being and mental health. And for good reason: humans are social creatures. We evolved to live in tight-knit groups of other people. In evolutionary terms, our survival depended on it. Even though we're not living in primitive societies anymore, our well-being still depends on our relationships and social connections. Meaningful relationships enhance our sense of purpose and promote healthy behaviors — just to name a few. There are still plenty of ways to nurture meaningful relationships. Here are a few to try:

- Get on a FaceTime or Zoom call with a friend or loved one
- Carve out quality time with your partner, housemates, kids, or whoever else you share a home with
- Strengthen your loose connections by getting to know your neighbors with an outdoor social, think driveway or front step happy hour
- Send a text message to let a friend know you're thinking of them
- Get outside for a safe and socially distanced walk with a loved one.

2. Be Physically Active

Did you know that exercise can improve your sleep, enhance your mood, and decrease feelings of anxiety, depression, and stress? In fact, studies show that physical activity can treat moderate depression as effectively as leading antidepressant medications, without the side effects. If you want to reap the benefits of exercise for well-being, you can start small. According to a study conducted by the Harvard T.H. Chan School of Public Health, running for even 15 minutes or walking for an hour a day can decrease the risk of depression by 26%.

3. Learn New Skills

Lifelong learning is more than just a positive way to spend your time: it's also an excellent way to maintain well-being. Research shows that learning improves confidence and self-esteem, promotes a sense of purpose, helps build connections with others, and can slow cognitive aging. With that in mind, get out there and learn something new. Use a language app to learn a language or sign up for a class at a local university. It's fun and good for your well-being.

4. Give to Others

Generosity feels great, but can it improve your well-being? The answer is yes. If you're looking for a way to start giving back, begin with your community. Do some research on community organizations that support causes you're interested in or donate some money to a local food bank or shelter. The great thing about charitable work is that there are thousands of ways to do it, so you can find a cause that truly ignites your passion and aligns with your interests.

5. Pay Attention to the Present

Most of us have experienced, firsthand, how stressful it can be to live in the past or the future. When we live in the past, we get caught up in the shame, anger, and regret associated with old emotions or negative situations we've experienced. When we're caught up in the future, it's easy to be consumed by anxiety and anticipation about what will come. So, it's no wonder that learning to pay attention to the present is such a critical component of well-being. Mindfulness is the act of being intensely aware of what you're sensing and feeling at every moment — without interpretation or judgment. When you practice mindfulness, you spend more time in the world around you as it is, not as you're planning for it to be or afraid of it becoming. Over time, mindfulness can promote many health and well-being benefits, including reduced stress, less anxiety and depression, better mood and outlook, and more focus. If you want to incorporate more mindfulness into your daily life, you can also practice breathing exercises, walking meditation, yoga, or other practices that help root you in daily life.

To conclude, health and well-being are more than just “nice to have” — they're essential to our functionality, happiness, and fulfillment as people, partners, employees, and parents. In today's fast-paced and often hectic world, however, it's easy for health and well-being to take a beating. Fortunately, there are many ways we can improve our mental and physical health and promote well-being in our daily lives, starting with understanding what creates well-being and knowing how to generate more of it. Through mindfulness, giving back, moving our bodies, learning new things, and connecting with others, we can improve our well-being and health daily.

Blog by Maggie Wooll



Post-Reading Questions

- Do you find the text inspirational? What inspires you to focus on your health and well-being after reading the text?



Glossary

Words	Pronunciations	Meanings
navigate	'nævɪɡeɪt	to find one's way through a situation, obstacle, or environment
debilitating	dɪ'bilɪteɪɪŋ	causing severe weakness or impairment
frustration	frʌs'treɪʃən	feeling of annoyance or disappointment when facing obstacles
stability	stə'biləti	state of being firm, steady, or unchanging
gauged	geɪdʒd	measured or determined
tangible	'tændʒəbəl	capable of being touched
impediment	ɪm'pedɪmənt	an obstacle or hindrance
ample	'æmpəl	more than enough, sufficient
resilient	rɪ'zɪliənt	able to bounce back from setbacks
discrimination	dɪ'skrɪmɪ'neɪʃən	unjust treatment based on certain characteristics



Reading and Critical Thinking

- Q 1. Do you think health and well-being are connected or different concepts? Explain.
- Q 2. How can you define well-being? Describe its types as well.
- Q 3. Is stress an impediment in the way of achieving the goal of healthy living? How?
- Q 4. What are the ways through which you can improve your overall health?
- Q 5. Well-being is more than happiness and life satisfaction. Do you agree?
- Q 6. How does modern lifestyle affect our physical and mental health? Give your answer along with real-life examples.



Oral Communication

Pair Work

- Q 1. Work in pairs and discuss how you can replace junk food like fries with a healthier option available in food items.
- Q 2. Choose a traditional Pakistani dish and discuss its nutritional value, taste and the reason to like it with your partner.



Group Work

Arrange the students into groups. The students will discuss various factors affecting overall well-being of an individual. Each group of students can discuss one such aspect e.g. physical, mental and social health. Then, all the groups will present their findings in front of the class.

Group Activity 1: Physical Well-being

The group will discuss in detail how diet, exercise, sleep and regular health checkups can contribute to overall physical well-being of an individual. After the discussion, the group members will present their observations before the class.

Group Activity 2: Mental Well-being

The group members will discuss the factors influencing a person's mental health e.g. stress management, mindfulness, support seeking and inculcating a positive attitude. Each student will later present the findings in front of the class.

Group Activity 3: Social Well-being

The students will discuss in their group how social relationships, effective communication and community engagement affect social well-being of an individual. Afterwards, they will share their findings with the class.

Group Activity 4: Emotional Well-being

The members of the group will talk about the factors affecting a person's emotional well-being e.g. emotional intelligence, self-awareness, emotional flexibility and coping strategies. Later, the group members will share their findings with the class.

Group Activity 5: Environmental Well-being

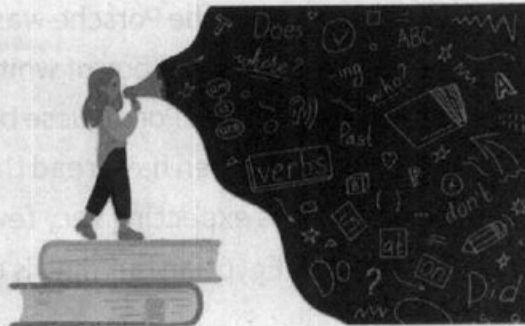
In this activity, the students will examine how different factors lead to environmental well-being of an individual. The factors may include access to clean air and water, sustainable living practices, and a connection with the nature. After the discussion, the students will present the findings with the class.



Vocabulary and Grammar

Adjectival Phrase

Definition: An adjective phrase is a phrase that contains an adjective, but there's more to it than that—as a whole, an adjective phrase is a phrase that acts as an adjective by describing a noun. According to the Collins Dictionary, an adjective phrase is defined as “a group of words based on an adjective, such as ‘very nice’ or ‘interested in football.’ An adjective phrase can also consist simply of an adjective.”



Examples

- Alex is a well-behaved man.
- He is a man of friendly nature.
- Julie is a woman of gorgeous style.
- She leads a very interesting life.

Prepositional Phrase

Definition: A phrase is a group of words without a subject and verb, used as one part of speech. A prepositional phrase consists of a preposition, its object, and modifiers of the object. Prepositional phrases are used as adjectives or adverbs. They indicate the relationship between the object and another part of the sentence.

Examples

- He sacrificed his life for the sake of his country.
- In the end, we all have to die.
- He is on the way.
- By working aimlessly, you will not get success.

Adverbial Phrase:

Definition: An adverbial phrase is a group of words that have the same impact as an adverb. Adverbial phrases can modify a verb, adjective, adverb, clause or an entire sentence. Adverbial phrases make a sentence more interesting and exciting.

Examples

- The horse runs at a good speed.
- I was in a hurry then.
- I ran as fast as possible.
- He works very slowly.

Q 1. Read the following sentences and highlight adjectival phrases.

- i. The boy in the red shirt is new here.
- ii. Which one of your trips would you describe as the most adventurous one?
- iii. Is the bag by the table yours?
- iv. Are you shorter than your brother?
- v. The boy with the Porsche was noticed by everyone.
- vi. Can you buy me a box of white homemade chocolates when you come back?
- vii. The red-haired Portuguese boy impressed all his teachers in no time.
- viii. All the children have read the play about the poor man and the king.
- ix. The city is expecting very few sunny days this month.
- x. The tall Egyptian building is one among the wonders of the world.

Q 2. Circle all the prepositional phrases in the following sentences.

- i. After the movie the group of teenagers went to a restaurant for a burger.
- ii. Without sugar the blueberries were too sour for the dinner guests.
- iii. Sally worked from midnight to noon on her science project.
- iv. Over the river and through the woods to grandfather's house we go.
- v. He ate three boxes of popcorn with butter during the movie.
- vi. Despite his fear of water Jack saved the drowning puppy.
- vii. Janet took her lunch with her to the seminar.
- viii. At the Country Fair the child with the freckles won the talent contest.
- ix. For breakfast she likes bananas with strawberries.
- x. Down the dark alley the cat chased a rat with long whiskers.

Q 3. Read the following sentences and find adverbial phrases.

- i. The salesman went door to door to promote his new product.
- ii. The girls were running to and fro.
- iii. They left their home country to pursue better opportunities in a foreign country.
- iv. His reputation as a lawyer spread far and wide.
- v. You can find that brand at all places that sell cosmetics.
- vi. The crime scene investigator found a clue on this spot that led to the perpetrator's arrest.
- vii. Rocky ran at a great speed to win the race.

viii. It's impossible for humans to survive on the moon without proper equipment.

ix. I climbed up on the roof to get a better view of the sunset.

x. The host warmly welcomed the guests and told them to make themselves at home.

Q 4. Identify adjectival, prepositional, and adverbial phrases in the text given below.

Write in the table given below.

In the heart of a serene, sun-sunny meadow, a vibrant tapestry of wild lilies sprawled across the bright green landscape, painting it with lots of colors. Among them, an elegant, crimson poppy moved elegantly in the gentle breeze. Its petals garlanded with droplets of morning dew. A family of bumblebees hummed happily, moving from one glowing blossom to another, collecting nectar with their bodies stripped in the colour of nature.

As the sun mounted higher in the indigo sky, the grazing land came alive with the symphony of wildlife. The birds rested on the gnarled, moss-covered branches of very old oak trees, singing musical tunes that echoed through the vale. A chattering brook, its waters clear as crystal, curled its way through the pastures, babbling happily as it journeyed toward the snow-capped peaks. Among this, the flowers stood as elegant jewels, increasing the beauty of countryside with charismatic colors and sweet fragrances.

Adjectival phrases	Prepositional phrases	Adverbial phrases

Teacher's Point



Guide your students to identify and use adjectival, prepositional, and adverbial phrases in reading and writing tasks



Writing

Writing Skill

Q 1. Write a letter to the Principal of your school requesting him/her to instruct the person in charge of the canteen to provide healthy and nutritional food in the school cafeteria.

Q 2. Read *Oliver Twist* by Charles Dicken (abridged version) and examine how an author develops and contrasts the points of view of different characters or narrators in a text. Critique the plot development with respect to different aspects of the story.

Project

My Kitchen garden

Look for different gardening techniques and consider the advantages of growing organic food items at home. Organize a small kitchen garden at your place keeping in view the following points and write down the steps in your notebook.

- Selection of a suitable location for garden
- Picking the right kind of plants
- Preparation of soil
- Selection of right containers or pots for plants
- Making water and sunlight arrangements
- Strategies for pest control

Q 3. Think about ideas, organize and create a well-planned expository essay on the topic of "Habits for a Healthier Life." Use Brainstorming technique to gather ideas and then create a mind map before you start writing. Revise and edit the first draft.

Teacher's Point



Guide your students to write formal letters to people in extended academic and professional environments for various purposes



Reading and Critical Thinking

Q 1. Answer the following questions:

- i. Health and well-being are essential for individuals and society. Comment.
- ii. What positive impact does traveling have on the mind and body of an individual?
- iii. What are your thoughts about the poem "Two Mothers Remembered" by Joann Snow Duncanson. Give your opinion about the relationship shared by the mother-daughter in the poem.
- iv. What do you think is the main point of the story of Gregor Samsa? Explain concisely.
- v. Briefly describe any one thing that you like the most about the poem "Travel". You may choose words, phrases, or lines from the poem to support your description.



Q 2. Deduce meanings of the difficult words from the lessons as understood in the context and write in the column below. Consult dictionary to find the literal meaning of the same words and fill in the relevant columns.

Words	Deduced Meaning	Dictionary Meaning
Impediment		
Strenuous		
Insistent		
Devouring		
Discourtesy		
Caravan		
Mindfulness		

Q 3. Choose the dictionary meaning of the given words.

- i. Diverse
 - a. uniform
 - b. same
 - c. Variety
- ii. Deserted
 - a. abandon
 - b. crowded
 - c. populous
- iii. Nurtured
 - a. protect
 - b. Neglect
 - c. hinder



Oral Communication

The benefits of travel are endless and so we can't emphasize enough how important it is to travel. The benefits of traveling are not one-dimensional: it changes you not only psychologically but also physically. The most prominent, and possibly the most important health benefit of traveling, is reduced stress from home and work. While traveling, you break your daily routine and immerse yourself in new surroundings and experiences. Being away from work and your daily worries reset your mind. After a trip, people often feel rejuvenated and refreshed. Besides, it is also proven that traveling boosts your mood and even increases your happiness. Happiness has a lot of implications such as promoting a healthy lifestyle, boosting the immune system, protecting the heart, and reducing pain. In addition to the mind, traveling positively affects the body. Studies have also found that traveling reduces the risk of cardiovascular diseases. A study conducted by the Global Commission on Aging and Transamerica Centre for Retirement Studies discovered that both men and women who travel at least twice a year are less likely to have a heart attack or die from another heart disease than those who only vacation every six years or more.



After reading the above-mentioned paragraph, conduct an oral communication activity on the following lines.

Group discussion: Divide the class into small groups. Ask them to brainstorm and list as many benefits of travel as they can. Then initiate a group discussion where students discuss the psychological and physical benefits of travel in more depth. Encourage students to provide examples and personal experiences to support their points.

Visual Presentation: Students will present a brief visual presentation with images and statistics related to the health benefits of travel.

- Students to take turns presenting to the class (3-4 min for each group)
- Use clear language, maintain eye contact, and engage the audience.

- Questions and Answers session after each presentation.

Assessment: The teacher will assess each group's presentation based on predetermined evaluation criteria (e.g., clarity, accuracy, engagement) and give feedback to highlight strengths and areas for improvement.



Vocabulary and Grammar

Q 1. Identify prepositional phrase, adjectival phrase, and adverbial phrase in the following sentences.

- The girl in the pink dress is our neighbor.
- She sang with a sweet melody.
- There is a cricket match on Sunday.
- The man sitting next to me has a clear and sweet voice.
- The examination hall is silent and quiet during the exams.
- Robert is driving very carefully while crossing the traffic.

Q 2. Change the narration of the following sentences.

- Rabi said to his friend, "Where did you keep my book?"
- The little girl said, "I have a pink frock."
- Tim asked why I was there.
- He said, "I am feeling happy."
- Annie said that she couldn't do it then.
- Henry said, "Does he like it?"

Q 3. Read the sentences given below and rectify the mistakes keeping in mind the tenses and subject-verb agreement.

- Saad and his family lives in Lahore.
- One of the passengers is injured in the accident yesterday.
- The sun set slowly behind the mountains.
- Next week, they will have completed this task for two years.
- The dog barked loudly whenever any visitors arrive.





Writing

Compose an argumentative essay on **any one** of the given topics. Ensure the use of proper tenses and maintain a coherent sentence structure. Employ brainstorming and mind-mapping techniques to organize your ideas effectively.

Topic 1:

"The Impact of Technology on Interpersonal Relationships". Discuss the impact of technology, particularly smartphones and social media, on interpersonal relationships. Highlight the effects on communication, empathy, and the quality of human connections.

Topic 2:

"The Future of Renewable Energy Sources". Review the future of renewable energy sources and their impact on the environment and global energy security. Analyze the benefits and challenges associated with transitioning to renewable energy. Use proper tenses and sentence structure.

Topic 3:

"The Cultural and Economic Benefits of Sustainable Tourism" Write about the cultural and economic benefits of sustainable tourism practices. Analyze how responsible tourism can preserve local cultures and stimulate economic .

