

Health

1. World Health Organization defines “Health” as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

2. (A) Healthy “Netizen”

We have to adopt proper setting and healthy habits in using Internet and electronic screen products.

- Self-control: limit screen time, regular breaks. Rest for 20-30 seconds after every 20-30 minutes of screen time. Tools like timer or alarm clock may help to remind the time limit.
- Self-aware: check if you are getting to lose self-control and develop dependence on Internet affecting your normal daily living.
- Self-discipline: Use reasonably, develop different interests and a balanced lifestyle.

- (B) Exercise

- World Health Organization recommends that children and youth should accumulate at least 60 minutes of moderate- to vigorous- intensity physical activities every day. Examples of moderate-intensity exercise are: brisk walking, playing volleyball and baseball. Examples of vigorous intensity exercise include: jogging, rope skipping, playing basketball, football.
- Proper sports knowledge and equipment, plus a personalized exercise plan which suits one’s personal fitness and interest help us to establish a regular exercise habit.
- Principles of designing an exercise plan for individual are: Match one’s interest, gradually merge into daily life

- (C) Happy D.I.Y.

- Mental Health means every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.
- Try “Love yourself a bit more every day, chat a bit more every day, live a bit better every day” to help us to face difficulties.

3. Pay attention to our own mental state, ask for assistance from family, teachers, friends or professionals like doctor, social worker, etc. if any of the following conditions persists for 2 weeks or more:

- Feeling down
- Lose interests in almost all daily activities
- Appetite or weight changes
- Sleep Disturbances (can’t sleep or sleep too much)
- Trouble focusing, slow in thinking and movement
- Feeling hopeless & guilty inappropriately; suicidal thoughts