



Poland

Healthy spirit

Healthy body

There's been an incredible fashion for being healthy lately. That's good! I'm not saying no, but in this whole chase of people for a shapely, athletic figure, in often even obsessive eating only fit products, an equally important aspect is lost - mental well-being. Emotional maturity, dealing with one's own mood. This was the theme of a lecture given by our school teacher Anna Sawicka, which took place on Wednesday, March 18, 2018 at our school. The lecture was held as part of the MOVING2HEALTH project, financed by Erasmus+.

Where does a healthy approach to our mind begin and end? How to cope when we find ourselves in a difficult situation? All this interested us - the participants. There is no denying that our group is one of the groups most exposed to stress and fear. Hormonal storms in our body, during adolescence often work against us. Most of the problems we experience much more severely, we do not feel able to cope with it yet. The lecture showed us that the world of emotions is not terrible, that we all live together with them, we shouldn't hide them. During the lecture, we tried to name emotions, exchanged associations, conducted an open discussion. We realized that it is very important to talk about our own feelings, show others what is pleasant for us and what makes us sad. Only in this way can we be understood by the environment, which very often is the cause of our lack of mental comfort.

The second part of the lecture was devoted to the disorders of emotionality and, above all, to the serious illness - depression. During the lecture, we watched materials on this subject, statements of psychologists, psychiatrists, but also people suffering from this condition. We talked about how to communicate with such people, which, contrary to appearances, is quite difficult. We talked about the impact of this disease on the human body, its perception of the world and often difficulties in perceiving it. We also mentioned ways of preventing bad moods, which included, among other things, practising sports or a healthy diet.

After the lecture I came to the conclusion that in order to be fully healthy, it is not enough to eat fit bread and go for short yoggis. We must also remember about our soul and take care of it, take care of our well-being and ourselves. Because being fully aware of one's own value, having control over emotions, right next to sport, diet and lack of addictions, is a completely inseparable element of the puzzle, which is a healthy person.