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MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

**Mengapa Pelaburan
Emas Menjadi Pilihan?**

Telur Mana Telur?

*you
are
what
matters*

**An Affair of Online
Learning and Covid-19**

**Pembasmian Kemiskinan Dalam RMK
Ke-12**

Bukit Harimau Menangis
Tarikan Pendakian di Kemaman



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HEALTH



TIPS TO IMPROVE YOUR WELLBEING AND QUALITY OF LIFE

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If you are a person who remains busy in work and other matters and pays little attention to your health and wellbeing, you must take a break from the robotic routine and adopt healthy habits. According to a psychologist, eating well and exercising provide immediate advantages to your body and brain in terms of stress, depression, and anxiety management. True happiness derives from a state of balance, ongoing progress, and acceptance.

Below are a few effective ways that can help you improve your wellbeing:

1. **Take Proper Sleep:**

It may appear to be the most common advice, but believe me that most of us do not follow the basic steps towards our overall wellbeing. Our body needs proper sleep and rest to heal and renew the energy to function properly. This healing is essential for physical and mental activity throughout the day. Sufficient sleep regulates the hormones that are directly related to our mood and emotions. So, make sure you take enough sleep!

2. **Eat a Balanced Diet:**

Eat a healthy and balanced diet and ensure your body receives enough nutrition. Your internal system's health is determined by the food you eat. Furthermore, it aids in the diagnosis of emotional wellness and mental diseases such as depression. When your body lacks essential nutrients, it leads to serious health problems. Moreover, you end up facing emotional distress and anxiety.

3. **Expose Your Body to Sunlight:**

Vitamin D insufficiency causes a variety of issues, including Seasonal Affective Disorder (SAD). When you are exposed to sunshine, it stimulates the production of endorphins, commonly known as "happy hormones" which are important for brain productivity. So, get out of your routine and spend some time in the sunlight.

4. **Deal with Stress:**

Although it is tough to escape stress these days, it is certainly feasible to deal with it. It is critical to understand how to cope with stress in a wise and efficient manner. To that end, strive to avoid stressful circumstances. If your stress is unmanageable, note down the causes of stress as well as what actions you can take to improve your reaction, mood, and even situation.

5. **Exercise Daily:**

When you stay physically active and exercise on a daily basis, your blood flow improves throughout your body. With the increased blood flow, the number of oxygens increases in the body, making you feel more energetic, fresh, and mentally active. Exercise and physical activity are especially vital if you work in an office. Exercise not only keeps our bodies fit, but it also maintains our minds healthy.

6. **Stay Away from Smoking and Alcohol:**

If you keep drinking and smoking, no matter how much you spend on your health and how hard you try, your efforts are going to be wasted. Quit smoking and drinking to ensure you lead a healthy life.

7. **Be Social, as Much as You Can:**

Isolation and a lack of communication are the two most common causes of depression and other mental and physical diseases. Regardless of how hectic your family and professional lives are, strive to make time for friends and socialise with them. Communicating with people reduces

stress. Everyone needs acceptance and companionship, which can only be obtained via socialising with others.

8. **Find and Practice New Hobbies:**

A hobby keeps us active and interested. When you are interested in and like performing certain activities, you are making good efforts to improve your emotional well-being. It also takes the strain of work and daily life off your mind. Finding new hobbies is great for strengthening your brain and boosting your mood.

9. **Learn to Live in the Present:**

The most common cause of mood swings, despair, and anxiety is when a person is trapped in the past. Negative self-talk such as 'why did people do this to me' not only steals enjoyment but also causes the person to overlook chances that the current moment has to offer.

Learn to live in the present moment and try not to think too much about the future.

It's Simple: Laugh and Enjoy!

Don't take yourself too seriously. Those who remain cheerful, smile more, and endeavour to keep themselves happy have a higher quality of life than those who remain worried all the time.

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