

Multiple dimensions of health assessment in positive mental functioning

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DESCRIPTION

There are five main aspects of personal health: physical, emotional, social, mental, and intellectual. None of these areas should be ignored in order to be considered "good". Health and Wellness Educators (HAWES) aims to educate you as a student on how to maximize your personal well-ness. The physical dimension of health refers to the bodily aspect of health. It is related to the more traditional definition of health no illness or injury. The quality of physical health is a combination of people with illnesses such as cancer, diabetes, cardiovascular disease, and high blood pressure on one end and people in optimal health on the other end.

Physical health can affect other aspects of health, as deterioration of physical health can lead to other forms of deterioration of health. For example, people who suddenly get the flu are often socially isolated so that they do not get infected, struggling to focus on studying or studying something new, and being isolated. Mental health refers to the cognitive aspect of health. Mental health is often associated with or included in emotional health. I would like to distinguish between the two. Mental health is about brain function, but emotional health is related to a person's mood, which is often related to hormones. Mental health includes many mental health problems such as Alzheimer's disease and dementia. It refers to the ability of a person to think using the brain. This may be problem-solving or information retrieval, but the focus is on the cognitive side of the person.

Mental health care affects other aspects of health. Increased mental health can be the result of increased physical activity, and good mental health can lead to increased self-esteem as mental function improves. Increased self-esteem increases self-confidence in social situations, asks bigger questions about life. Emotional

health refers to a person's mood or general emotional state. It is our ability to properly recognize and express emotions. It concerns your self-esteem and your ability to control your emotions to maintain a realistic perspective on the situation. The relationship between emotional and mental health is clear, so some illnesses, such as depression and anxiety, are associated with both. Emotional health affects other aspects of health, as self-esteem people are confident in their social situation, are more likely to make friends, and often improve their physical activity performance. Spiritual health is related to our sense of the overall purpose of life. People often find their purpose in beliefs and belief systems, while others create their own. People who have a purpose in life are considered healthier than those who have no meaning in life. Spiritual health affects emotional and mental health very easily; as having a purpose in life can help you focus on achieving your goals. Having a purpose in life also helps people maintain a proper perspective on life and overcome adversity. Often people who are spiritual meet together regularly around their spiritual purpose, which helps to improve their social health.

The social aspect of health is related to our ability to form and maintain meaningful relationships with others. Good social health means not only building relationships, but also acting properly in relationships and adhering to socially acceptable standards. The basic social unit of a relationship is the family, and these relationships have the greatest impact on a person's life. Other important relationships are close friends, social networks, teachers and youth leaders. Social health affects other aspects of health in many ways. Poor social life can make a person doubt the purpose of life or make them feel isolated and undesired. Such emotions can discourage people's physical activity and lead to depression.