

## PSYCHOLOGY OF A HEALTHY LIFESTYLE

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### Abstract

In this article, the author outlined all the components of a healthy lifestyle in philosophy. A healthy lifestyle is an individual system of human behavior that provides him with physical, mental and social well-being in the real environment (natural, man-made and social) and active longevity.

**Keywords:** anthropology, concept, theories, philosophy, Arab Muslim philosophy.

### Introduction

Protecting one's own health is the immediate responsibility of every person. The foundations of health are laid in the earliest periods of life. During the intrauterine development of the fetus and in the first years of the child's life, health is largely determined by the health of the parents, especially the mother. From an early age, it is necessary to lead an active lifestyle, toughen up, engage in physical education and sports, observe the rules of personal hygiene - in a word, achieve true harmony of health through reasonable means.

A healthy lifestyle is an active human activity, aimed at maintaining and strengthening one's health, consciously giving up bad habits.

The health and education of young people are inextricably linked processes influencing the formation of a harmoniously developed personality.

Everyone knows that healthy people don't smoke, don't drink a lot of alcohol, don't take drugs and play sports, but not all people are like that. The health of any person depends not only on his physical activity, but also on his mental state. Negative thoughts harm a person's mental state, which can lead to health problems. Playing sports can help you take your mind off such thoughts. Physical activity helps you relax. Reading helps take your mind off many problems. Spending time with loved ones also has a good effect on our emotional state.

Modern life, with its fast pace and great demand, requires maximum effort and health from a person. Psychologists believe that various health problems in a person arise not because of his physical abilities, but because of his emotional state. In general, there are three types of health: physical, mental, social. Physical health refers to the condition of the body. To the mental – the state of the brain.

Social health includes a person's moral principles. It also depends on the person's environment. Social health is also divided into subtypes.

- 1) socially healthy - creative people.
- 2) ordinary people - people who are tolerant of everything that does not concern the personal.
- 3) social neurotics - people who live for their own career.
- 4) social psychopaths - norms that go beyond the boundaries are completely normal for them.



5) social idiots - their only goal is to accumulate money.

A person's social adaptability depends on real connections, place and his role in solving any social problems.

There are also separate rules for a healthy lifestyle created by psychologists.

The world is the way I see it. It all depends on the person. If he wants to see the truth, he sees the truth, and if he wants to see a lie, then he sees a lie.

My decision depends on my choice. A person himself is responsible for his actions, whatever they may be.

I have the right to make mistakes. A person realizes that everyone has the right to make mistakes, just like himself.

I am me, and You are You. A person allows himself to be himself.

My future depends on my present. If a person is happy today, then he will be happy tomorrow, and if a person is in a bad mood today, then tomorrow it will not be better.

I get out of life only what I put into it and nothing more. If a person cannot even think that he can be successful and rich, then he does not even have the right to complain about his life.

Everything I do, I do sincerely and with love. A person will take on any task, even one that he does not want to do, but he will do it the way he likes.

Based on psychologists, we can say that a person will lead a healthy lifestyle if he follows the above seven rules, but there are also five types of people with different moral principles that may contradict the rules of psychologists. From this we can conclude that either the 5 types of people or the 7 rules are a myth.

A culture of health should not be studied, but cultivated.

The psychological basis for this is motivation to lead a healthy lifestyle. An integral part of a health culture is awareness of health issues and a healthy lifestyle. How to succeed in life, how to avoid becoming a victim of alcohol or drugs, how to join a culture of health - the child wants answers to all these questions from an adult. And then the information received has maximum chances of being used in practice. Education on health issues, nurturing a culture of health, and the use of health-saving technologies form a single whole - the road to health.

The formation of healthy lifestyle skills should be carried out taking into account the protection and respect for the rights and interests of children and youth, gender and age characteristics of personality development, the physiological, intellectual needs of students and the degree of their adaptation to life and social conditions, and be focused on the positive development of students. Special Attention must be paid to issues of moral improvement, social activity of students, preventing their discrimination in the process of developing life skills.

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