

Celebrate World Health Day

Consider the ways to take care of your whole self



7 April marks the 75th anniversary of the World Health Organization (WHO). On that day in 1948, nations formally came together to promote health and well-being around the world.

Through human perseverance, innovation and commitment, we have made a lot of progress since then. We now have treatments and cures for painful and deadly diseases, with more discoveries and breakthroughs happening every day. More people than ever before have access to healthcare, resources and support to live longer, healthier lives.

Yet there's still a long way to go - and each of us can help by doing what we can to take better care of ourselves.

Let's get started

While everyone's specific health needs are unique, there are several interconnected dimensions that contribute to your overall 'whole-self' health and wellness. These include:

- **Physical health**

Promoting your physical health includes the basics like getting enough sleep, exercising regularly and eating nutritious foods, as well as attending to recommended routine healthcare needs, such as annual check-ups, immunisations, tests and screenings. It also includes the more intricate details of your personal circumstances, such as following your clinician's guidance to prevent or manage a medical condition or injury.



7 April

Happy World Health Day
#HealthForAll #WHO75

- **Mental health**

To nurture your mental and emotional health, consider ways you can proactively manage stress, maintain optimism and build resilience. For example, to manage stress, avoid overcommitting yourself at work and in your personal life. Also, do things that help you release tension, such as taking time to relax, exercising, laughing and participating in fun activities that you enjoy. Making meaningful social connections with uplifting people can help bring joy and positivity into your life. So does practising gratitude, which can help you remember the good in life even when times are tough.

Also, if you do have a situational or chronic mental health condition, consult a qualified resource and follow your treatment plan accordingly.

- **Financial health**

Financial health impacts your overall well-being and, just like regular stress, chronic financial stress can lead to serious health conditions, including high blood pressure, heart disease, obesity, diabetes, depression and anxiety. Financial health is not a measure of how wealthy you are, so much as whether you have the means to support your day-to-day living needs and access health services when you need them.

While many financial factors may be out of your control, we can usually take some measures to bolster financial health and wellness. These include making informed decisions to do our best to live within our means, setting realistic goals and preparing to the extent possible for the unexpected.

These are just a few ways to build your ‘whole self health’ momentum. While each of us must navigate our own well-being journeys, one by one, we can make a difference. And together, we can promote ‘Health for All’ to help tackle the health challenges of today and tomorrow.



Learn more

Visit [livewell.optum.com](https://www.livewell.optum.com) for support and resources that can help you and your family live healthier lives.

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