

# [Reflection paper on personal health](https://assignbuster.com/reflection-paper-on-personal-health/)

I have always given importance on my physical, spiritual, and emotional health, that is why I always, at least to some extent, try to check my daily activities to see if they are all within the definitions of overall well-being. On health surveys I have done online, I have always acquired an average health rating, which for me may not be ideal, but at least better than having poor health. I believe it is average because I focus more on my physical health and sometimes just disregard the spiritual aspect. I recently learned that this affects my emotional well-being as well. While I may guard what I eat and drink most of the times, I am greatly lacking in spiritual activities that I realize “ causes [me] to feel low and dispirited at times” (Dhingra and Dhingra, 2011, p. 64). I look at things through materialistic eyes, “ thinking that these things will bring me more social acceptance and self-esteem” (Dhingra and Dhingra, 2011, p. 67). However, I learned too that these outlooks may be the reason why my emotional health is suffering: frequent irritability if I do not acquire material things I want; emotional swings ranging from sadness when I do not get to buy things I want, yet once I acquire it, the happiness does not seem to last.

After reading so many self-help articles and books on overall well-being, I realized I need to focus more on what I have rather than on what I do not have. I also realized I need to spend more time with people that are important to me. I believe that if I also start looking at people as human beings with their own stories to tell, I would focus less on material things and just enjoy the presence or company of people. I also need not to shy away from the fact that there will always be things that I will never have, and I need to accept that fact with peace at heart. I am grateful that I am physically healthy, and I will just focus on improving it, and balancing my general well-being (Wadlinger and Isaacowitz, 2011, p. 83) with a thankful and happy heart.