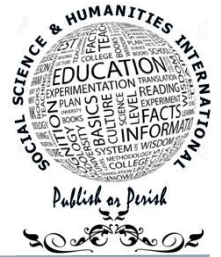


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Strategies to Live Healthy Even with Long-term Health Conditions

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ABSTRACT

Health involves physical, emotional, and mental fitness. A person is healthy if he/she is physically, emotionally, and mentally sound. Health has been given enormous importance over the years and is an inseparable part of our lifestyle. One should strive to attain maximum level of health in order to be stable in terms of all the three dimensions (physical, emotional and mental). Living a healthy lifestyle helps prevent various chronic diseases and results in delayed aging process. Long term health problems have demonstrated numerous symptoms including fatigue, pain, loss of physical strength and endurance along with emotional distress, grief, anxiety, panic attacks and worthlessness. Healthy lifestyle leads to feeling good about oneself augmenting one's self-esteem. In present study, we are discussing about long term conditions that have multiple causes including heredity, lifestyle, and exposure to environmental factors such as pollution. The challenge is always how to learn functioning at your best regardless of the difficulties. Active self-management strategies are therefore of paramount importance. One's attitude towards illness plays a pivotal role in the successful management of chronic diseases. It delineates some of the self-management strategies to help cope with long term

illness such as using one's mind to manage symptoms, physical exercise, medications, healthy eating and nutrition, healthy weight management, decision making, breathing exercise, good sleep and action planning. All these work in accord to make you feel free from disease or at least adequately motivated to optimistically address new challenges.