

Healthy Body, Healthy Mind!

Health is our most valuable asset. Not only is it important to oneself, but also the people around us, such as family members and friends. I think you don't want to see your parents or friends worry about your body conditions all the time. Therefore, we should pay attention to our health.

Prevention is better than cure. If we can lead a healthy lifestyle, we are likely to avoid having some common diseases, such as diabetes, stroke or cancer. Then how can we have a healthy body? Of course, we should have a balanced diet and be aware of having too much junk food instead of regular meals of nutritious food.

Many people know quite a lot about what contributes to a healthy diet. So, let's look at another crucial factor of a healthy life – staying psychologically healthy. Very often, we pay much attention to our physical health but neglect the importance of mental health. Many people in Hong Kong are having a certain degree of psychological disturbance due to work pressure, which adversely affects their physical health.

Not only adults, teenagers also face problems with their study and social life. There were official figures showing that one in every ten Hong Kong teenagers had thought of committing suicide. Having stress from study and peer pressure, some turn to venting their negative feelings on others, resulting in bullying, and some opt for taking drugs to escape from reality, destroying their body and future.

Actually, such tragedies can be avoided if teenagers know how to maintain a stable and cheerful mood when facing difficulty. They should try to explore more outdoor activities to relieve their tension and expand their social circle. Having more friends to share your ups and downs can be a good way to vent your feelings. They would be your emotional support when you face challenges. Don't try to bear all the problems on your own and shut yourself in a room! Being cheerful and positive would always be the key to happiness.