

Cognitive Health

What is cognitive health?

It is a state of mental well-being that affects how individuals think, feel, and behave, as well as how they handle stress, relate to others, and make choices.

How can cognitive health be improved?

- **Stay physically healthy:** Exercise regularly (aim for 30 minutes most days), eat a balanced diet, and prioritize sleep (7-9 hours a night).
- **Seek professional help when needed:** Talk to a counselor or doctor for guidance.
- **Limit screen time:** Social media can impact self-esteem and increase stress.
- **Self-care:** Engage in activities that reduce stress and prioritize rest.



Social Health

What is social health?

The ability to form and maintain friendships, communicate effectively, and adapt comfortably to various social environments.



How can social health be improved?

- **Build and maintain friendships:** Stay in touch, make plans, and nurture meaningful connections.
- **Plan activities with friends:** knitting, playing tennis, enjoy tea together, singing, or walking
- **Join groups or communities:** Volunteer, join club, access peer mentoring support, or attend events to meet new people who share similar interests to you.
- **Focus on positive interactions:** Encourage respect, open dialogue, and cultivate kindness in your interactions with others.

Psychosocial Health and Well-Being

Tips for how to improve each of the four components of psychosocial health.



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Community Transcultural Support Services
跨文化社區健康服務機構

Overview

What is psychosocial health?

An individual's overall well-being as it is influenced by psychological factors (thoughts, emotions, and behaviors) and social conditions (cultural context, and community support). It encompasses four key components: emotional, social, cognitive, and spiritual health, all of which contribute to a person's ability to cope with life's challenges, form meaningful connections, and maintain a sense of purpose and balance.

Why is it important to work to improve psychosocial health?

Good psychosocial health helps individuals manage stress, and build strong relationships. It improves emotional resilience, supports physical health by reducing the risk of chronic illness, and contributes to cognitive functioning such as decision-making and focus. People with strong psychosocial health are better equipped to cope with life's challenges, engage positively with others, and contribute meaningfully to their communities.

Emotional Health

What is emotional health?

The ability to recognize, manage, and express emotions (both positive and negative) in a healthy way.

How can emotional health be improved?

- **Stay connected:** Spend quality time with friends and family.
- **Use positive self-talk:** Avoid negative inner dialogue; build a kind and confident mindset.
- **Set goals and celebrate wins:** Boost self-esteem by acknowledging your progress.
- **Build resilience:** Develop healthy coping strategies to manage stress and challenges.
- **Find meaning and purpose:** Through work, hobbies, caregiving, or volunteering.



Spiritual Health

What is spiritual health?

Spiritual health is a sense of purpose, inner peace, and connection to values or beliefs that guide actions and give life meaning. It supports resilience, ethical living, altruism, and a belief in one's ability to overcome challenges.

How can spiritual health be improved?

- **Connect with your faith or spiritual community:** For support, connection, and community.
- **Help others through volunteering:** Acts of service foster purpose, gratitude, and connection.
- **Practice mindfulness:** Can reduce stress and enhance self-awareness.
- **Keep a journal:** Reflect on your values, emotions, and experiences.
- **Explore hobbies you enjoy:** Doing what you love brings joy, presence, and meaning.
- **Speak to a trusted person or spiritual guide**
- **Practice gratitude and forgiveness**