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## WELL BEING – A BALANCED LIFE

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### Abstract

*Human beings' welfare has the trait of being flexible as it is defined differently for each person according to some influencing factors: age, sex, social and demographic picture, family, events, needs, desires, degree of personal development etc.*

*Nowadays, many people try to spice their life by doing physical activities, considering those as a way to disconnect from everyday routine and to create their own relaxing, toning and fun environment which creates for them that well-being but also through which they seek to maintain that optimum health.*

*Well-being is an increasingly debated subject lately. Psychologists associate the wellbeing with fulfillment. They define wellbeing as personal fulfillment as we emphasize on our own traits which are improved via good social relations and activities.*

*Human beings' welfare has the trait of being flexible as it is defined differently for each person according to some influencing factors: age, sex, social and demographic picture, family, events, needs, desires, degree of personal development etc. Martin Seligman, founder of positive psychology shows that wellbeing is composed out of 5 elements, elements identified by studying people with high personal and professional achievement levels.*

**Keywords:** *positive emotions, achievements, relations, relaxation*

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### 1. Introduction

#### *Positive emotions*

Since childhood, kids choose their own games and enjoyed activities engaging them with every ounce of passion. Joining school ranks reduces their spare time making also the time for pleasant activities to decrease, reducing joy and enthusiasm levels as well. Our duty as parents or teachers is to give our loved ones as much pleasant time both on school and after hours. Even classes must be done as games, so they can attract their participants and to not feel any difficulty or strain. This is especially true for little ones as they have to be surrounded by joy, the pleasure of life and relaxation.

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### ***Engagement***

Engaging in teen or children activities must be done progressively and with motivation as every participant's skills must be highlighted and encouraged. Getting immediate results or appreciating those around stimulates self-confidence and boosts self-esteem. In other words, we must allow time and effort to activities which capture attention and bring satisfaction.

### ***Positive relations***

There are many studies which indicate that for leading a fulfilled life, social relations are vital. We must teach and encourage children to make friends, solve conflicts and negotiate so they can keep their friendships. A special, warm and friendly atmosphere will trigger a positive, harmonious and relaxing state, will encourage teens to empathize and to bond. On the other hand, a rigid, tensioned environment will make participants to be unsure, fearful and to keep to themselves. This will have negative impact on relationships and the quality of life, wellbeing but also on the results obtained by their work.

Family and friends are key. Family unbalance affects family members' state of mind having sometimes, irreversible consequences. A harmonious and stable climate will ensure family or friendly comfort. It will always be the range where they fill comfortable especially when unpredictable events will occur.

### ***Meaning***

Meaning is defined through volunteering activities which we consider important for the world around. It can be about charity through which we improve other peoples' lives and make them smile, or about protecting the environment or discovering better treatments or solutions for illnesses or for solving conflicts, critical situations, etc.

Encouraging young people to practice these activities will bring them more joy, self-confidence but also defining integrity and altruism. It is a school's and family's duty to guide youngsters to the areas where they can make the most of their skills and talents for advancing their careers and themselves as individuals but also to higher purposes than only themselves.

### ***Achievements and successes***

Wellbeing is a major current concern in social sciences as well even though scientists look more interested in people occupations than their feelings. Amongst the variables which define wellbeing, which can be improved by practicing sports, we enumerate: self-esteem, physical image and own health awareness.

Physical looks is the characteristic which defines each individual and which influences social interaction. The way we look – physical image, is associated with success in modern times. There has been a trend even, which connects physical beauty with success, convincing us (on a subconscious level) that what is beautiful is also successful.



Results of some tests done during the Economic Studies Academy of Bucharest have shown female students in particular are not satisfied by the way they look. Modern standards of supple silhouettes that are promoted and praised by the media are hard to match by young women, main reason for which some of them are frustrated and demoralized with the effect of having decreased confidence and self-esteem.

A study done within the ESA (Pop, Ciomag, 2014) has shown a correlation between the IMB (index body mass) and the lack of satisfaction regarding physical appearance:  $r(158) = 0,56, p < 0,0005$ . The effect size index suggests the lack of satisfaction determined by the IMB and obviously, fat tissue deposits. All these frustrations find echo in physical exercising which yields improvements materialized in bodily harmony and a good functioning of the whole body. Furthermore, these successes reflect on having a better physical image and boosting self-esteem and confidence.

*“Practicing physical exercise is increasingly telling the word in regulating health, getting the desired body and changing sedentary lifestyle” (Nae, I. C. 2011)*

Achievements and successes in our areas of interest are obvious contributors to wellbeing self-esteem and self-confidence. Sustained effort for reaching a goal and obtaining success must not be a strain but as a competition in which progress is equally possible along with failure which must not be considered a disaster but as something to learn from, the basis of a flexible mindset.

If we apply all this general theories to our field – physical education and sport, we can say benefits are astounding.

Physical exercising (no matter the type of it) can be an answer to achieving physical and mental balance as well as the energy needed to get through everyday life.

Emotions generated during physical education classes are well known as competition are extremely engaging and stimulating making relationships inevitable with the obedience of set rules guiding and spicing the atmosphere. It is a fact that physical exercising has a refreshing and relaxing effect. Nowadays, many people try to spice their life by doing physical activities, considering those as a way to disconnect from everyday routine and to create their own relaxing, toning and fun environment which creates for them that well-being but also through which they seek to maintain that optimum health.

Apart from harmonious growth, a different objective of PE is promoting a healthy lifestyle and strengthening health in general. Worrying statistics of the „C. I. Parhon” Endocrinology Institute had shown that in 2013, half of Romania’s population was overweight and nearly a quarter (4 million individuals) is obese. Lack of physical exercise due to technology, taking up a sedentary lifestyle and unhealthy foods favor the occurrence of chronic diseases such as diabetes, hypertension or joint pain.

Changing these parameters will bring both physical and mental improvements.



The reality and our relation to reality as well as expressing our inner side from everyday life can be a few secrets to a better wellbeing.

Everything starts from what we think and feel and focusing on this areas will take us to that inner balance states to which many of us aspire but for which only a few are willing to allocate resources and effort to achieve.

Wellbeing will always depend on the consciousness level of each of us. This means that those who have it have found their own means to reach and activate it as often as they need.

Wellbeing on a mental level is manifested through positive thinking, peace and inner balance and at an emotional level through self-fulfillment, quietness, communication, passion, harmony and love whilst at a physical level this is observed when a person is healthy and feels like they have enough energy to accomplish anything they desire.

Practicing physical exercise makes it easier to express feelings by creativity through individualized motion. Encouragement to exercise under any form helps everyone express themselves according to their feelings.

Socializing, empathizing, relaxing and feeling good create a moral and physical comfort, boosting your self-esteem. By introducing smiles, relaxation, love, hop, optimism, competition, performance, health, friendship, successes and ambition into your life, you create a thriving environment for your self-fulfillment.

Each of these coordinates taken separately and together make whole the wellbeing picture. We must remember only us can create that wellbeing! As it is for the fact that only ourselves can remove any discomfort, inconvenient and can overcome any obstacle, reinstating wellbeing!

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