

Incompatibility of health and bad habits



Health - a state of complete physical, mental and social well-being, which accompanied by the virtual absence of disease and deficiencies.

To be healthy means not to have problems with well-being, to be physically and spiritually developed.

Human health depends on:

- 📄 The level of development of medical care – 10%
- 📄 Environmental conditions – 20%
- 📄 Heredity – 20%
- 📄 Way of life of a person – 50%

What contributes to the preservation and promotion of health:

- proper nutrition
- hardening
- compliance with the working and rest regime
- mental and emotional stability
- optimal level of moving activity
- safe behavior at home, on the street, at work
- healthy sexual behavior
- personal hygiene
- rejection of self-destructive behavior



***Bad habits* are the established ways of destructive (self-destructive) behavior, the realization of which in certain situations acquires the character of need**

Bad habits can:

- Be formed spontaneously
- be a by-product of directional education and training
- change into stable character traits
- acquire the features of automatism
- be socially conditioned



What is the basis of the processes of bad habits formation?

A person strives to replace natural feelings and emotions for specific social situations, avoid stress by using those or other means (substances).

Bad habits

smoking

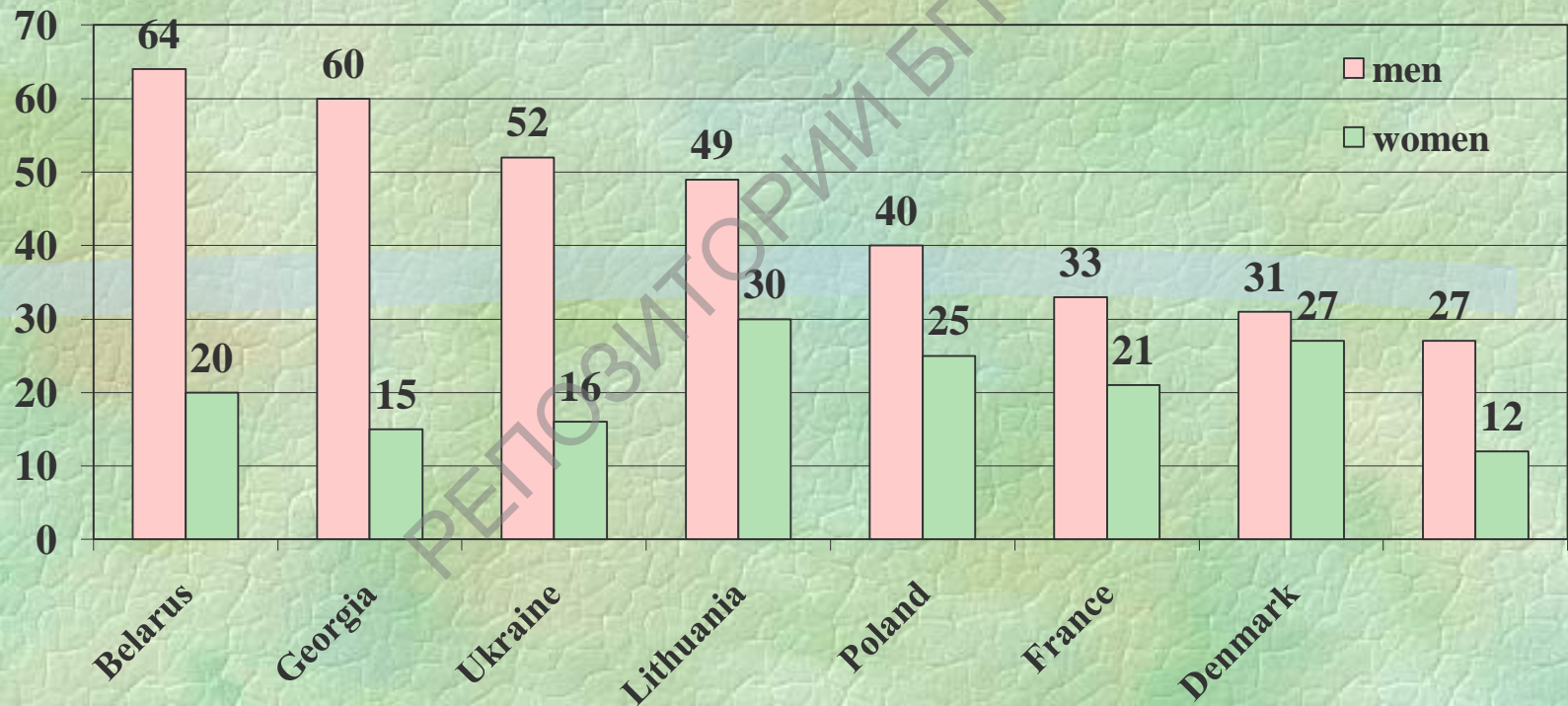
foul
language

alcohol
consumption

drug addiction



Daily smoking men and women (percentage):



Do you know that:

- tobacco annually takes 5 million lives
- it is 13.5 thousand daily
- smokers constitute 96 - 100% of all lung cancer patients
- up to 90% of oncological diseases caused by smoking
- if cigarettes rise in price by only 10%, in the world will be 40 million smokers less

Consumption of alcohol in European and Central Asian countries

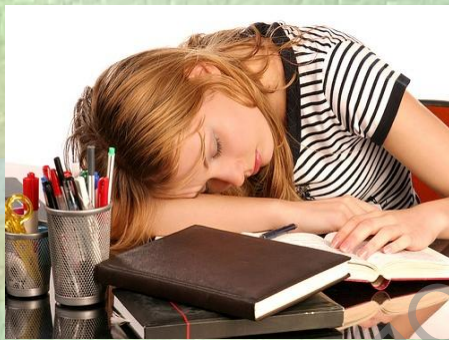
(in terms of liters of pure alcohol per adult):

More than 10 liters	Germany, Denmark, Moldova, Russia, Ukraine, France
5-10 liters	Austria, Belarus, Bulgaria, Poland, Norway, Switzerland
Less than 5 liters	Azerbaijan, Turkey, Kyrgyzstan

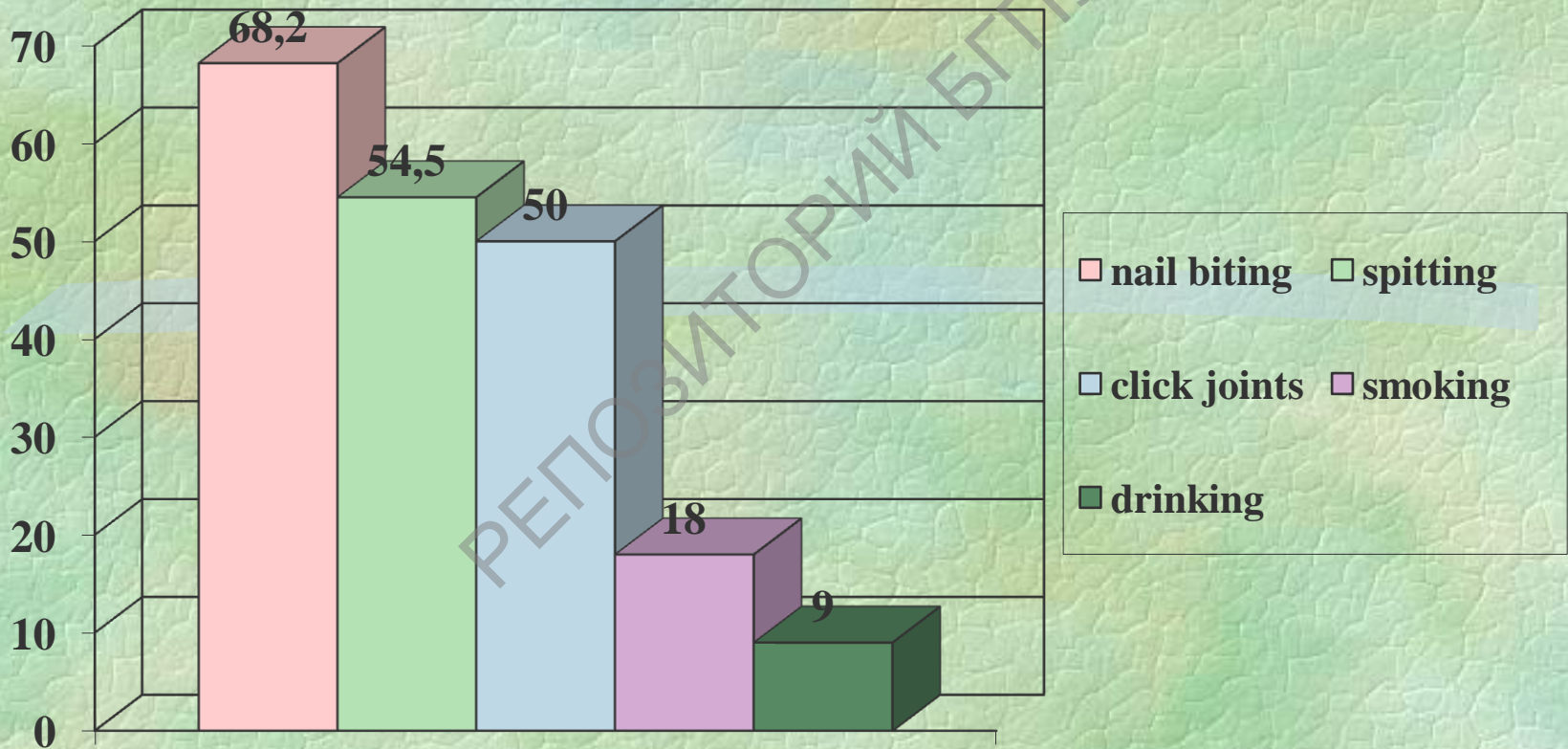
Time of action of alcoholic beverages

beverage	time of action
champagne 100 g	1 h.
beer 0,5 l.	1-2 h.
Wine 100 g.	2 h.
liqueur 100 g.	4-4.5 h.
cognac 100 g.	4-4.5 h.
vodka 100 g.	5 h.
Alcohol 100 g.	14-16 h.

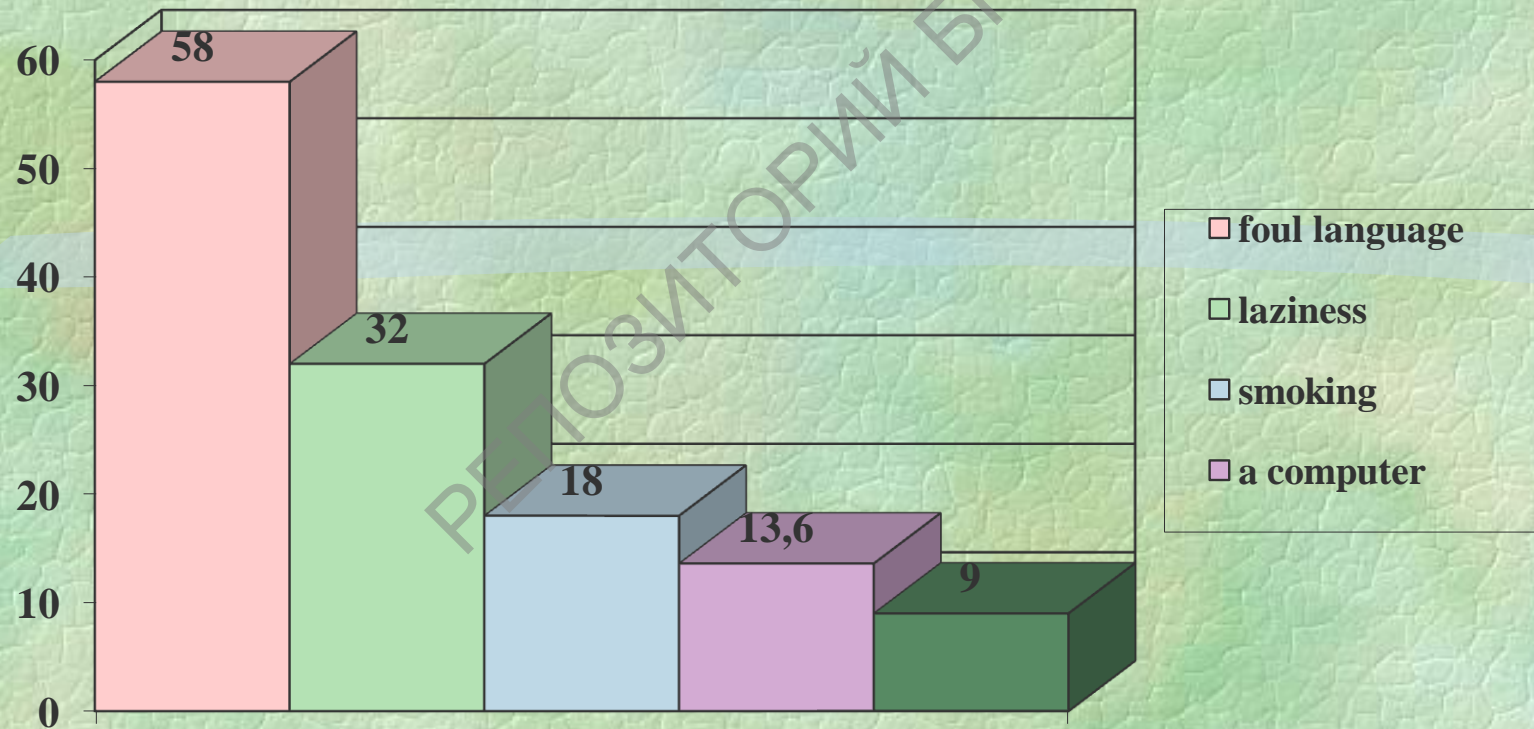
The results of the questioning of children



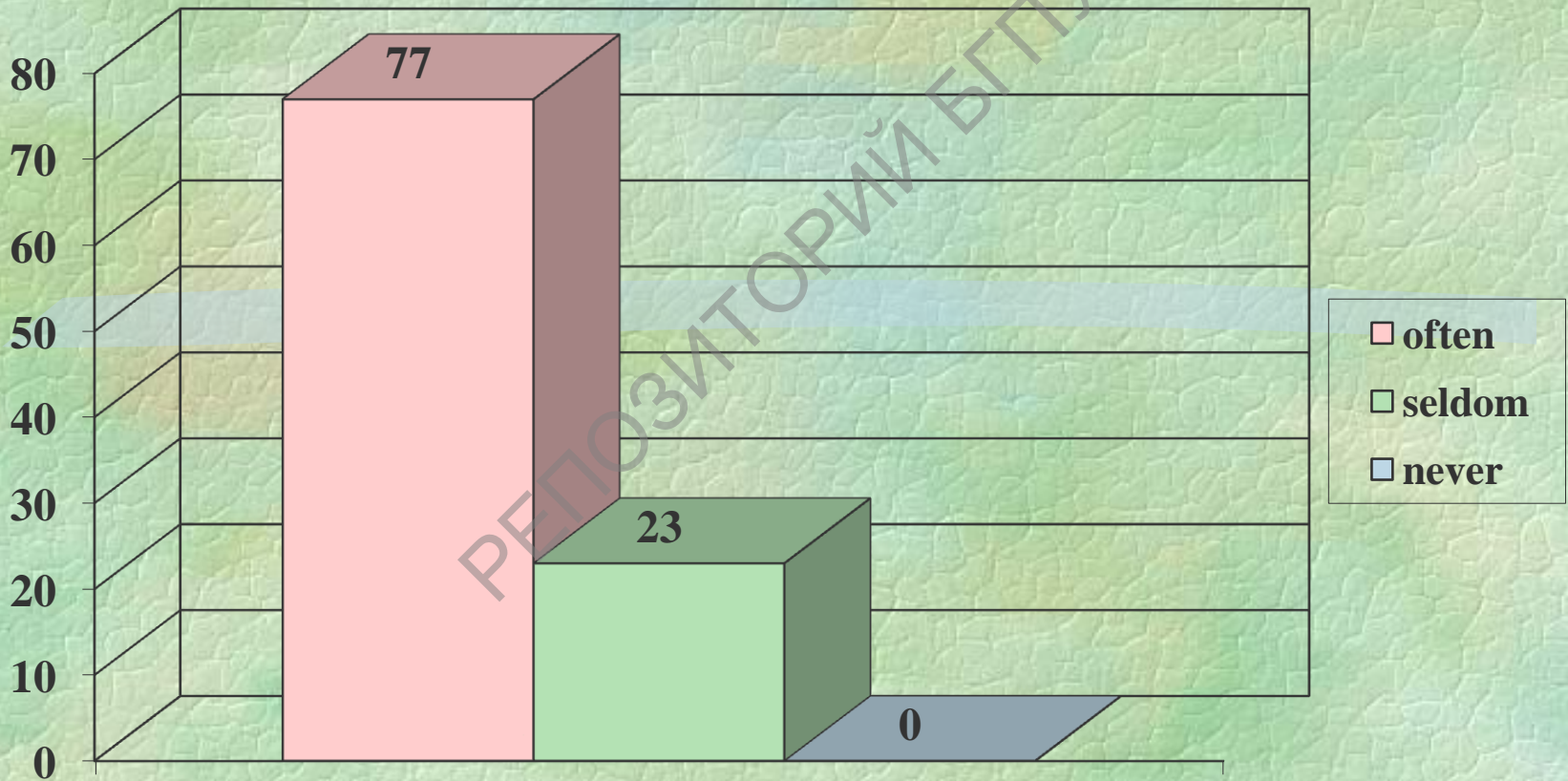
Habits that most irritate you in others?



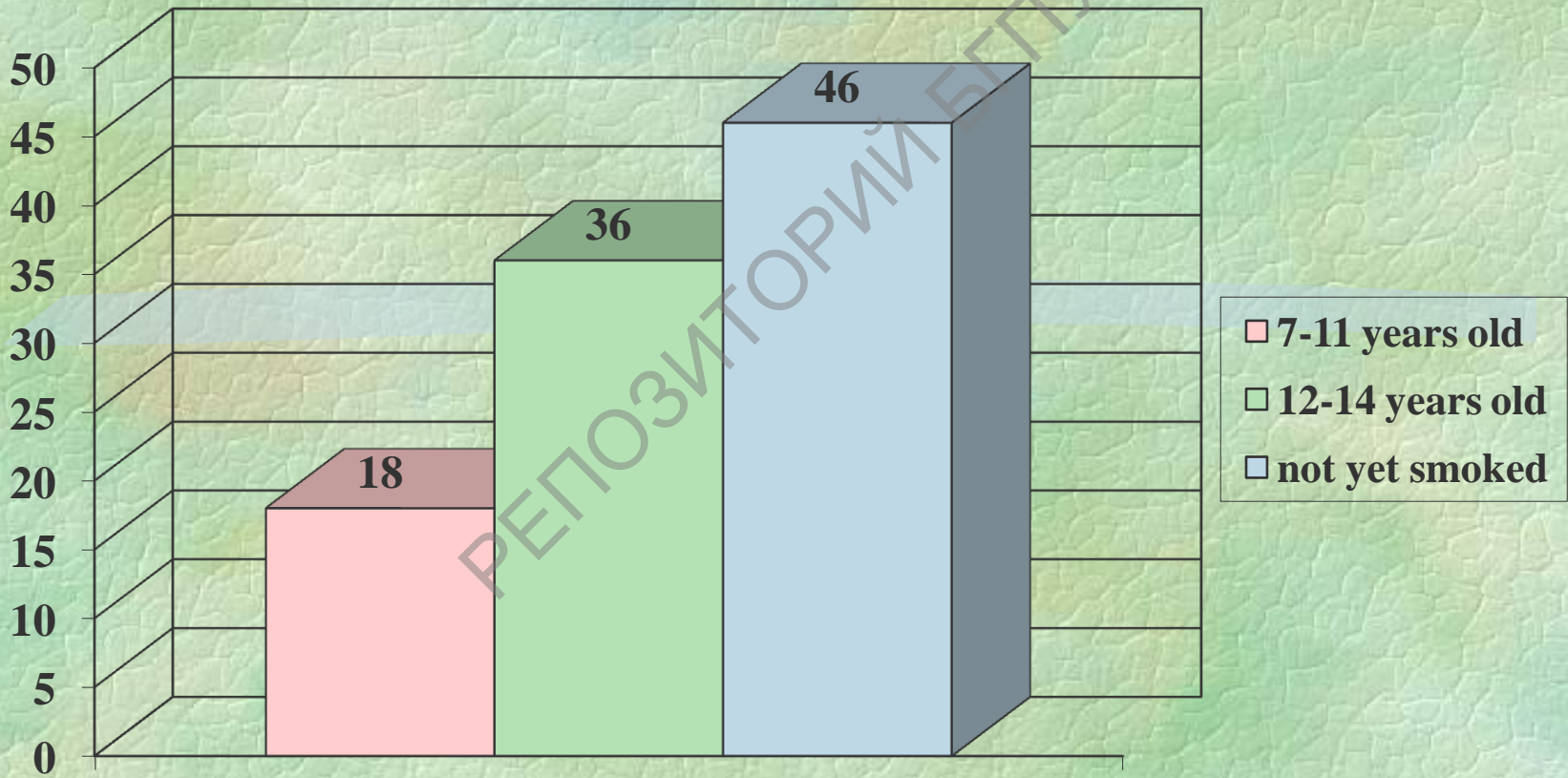
What are your bad habits?



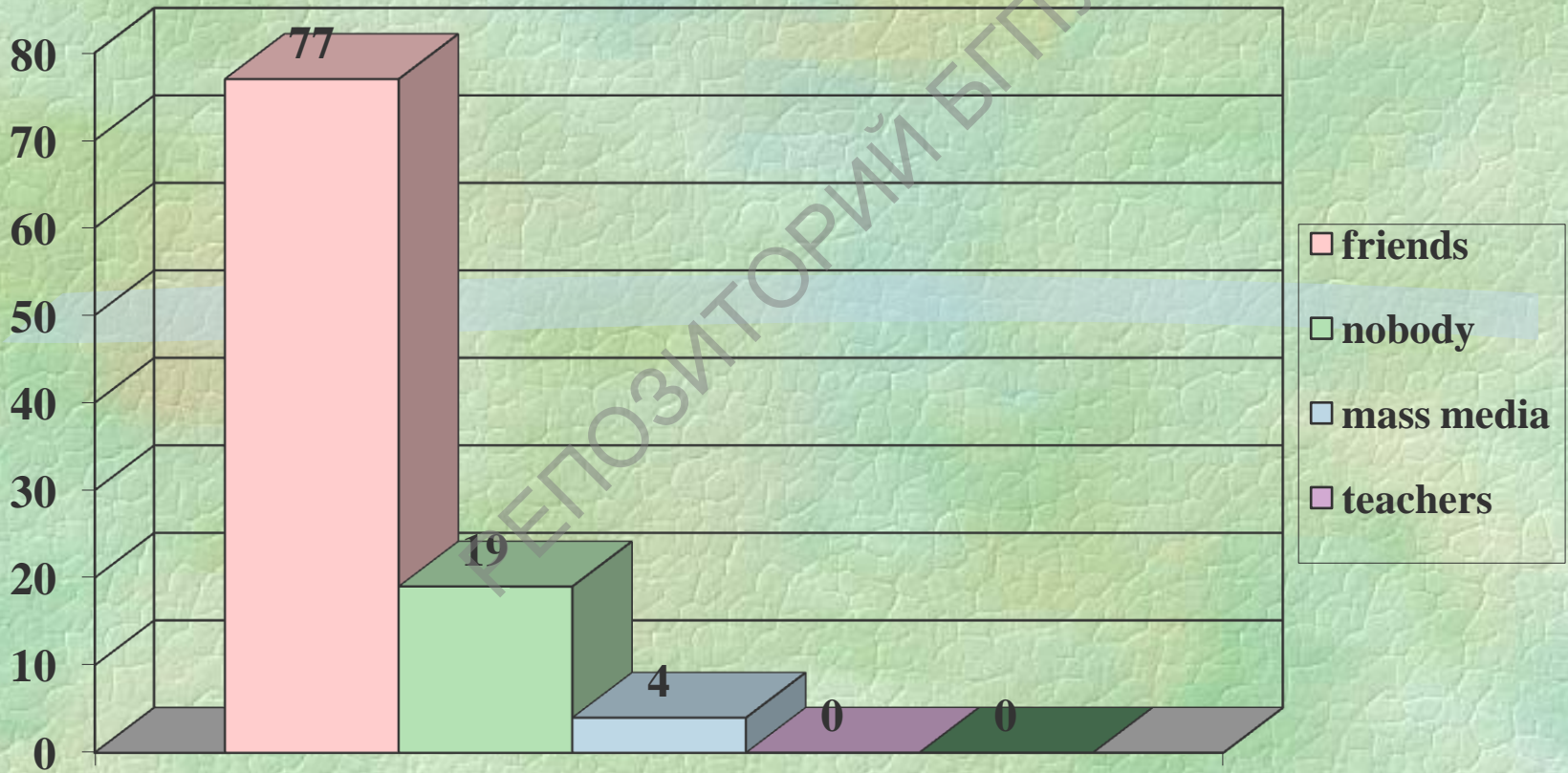
How often do you use foul language?



At what age did you first smoke?



Who most strongly influences the style of your communication and behavior?



Often give a positive example, refusing the proposed cigarette ...

Do sports with us...

Tempered ...

rest with soul ...

Think...