



# Maintaining Body Hygiene & Health



# Learning Objectives



Build knowledge about maintaining body hygiene and health



Share knowledge about maintaining body hygiene and health in the form of a public service announcement video

Practice and having a clean and healthy lifestyle



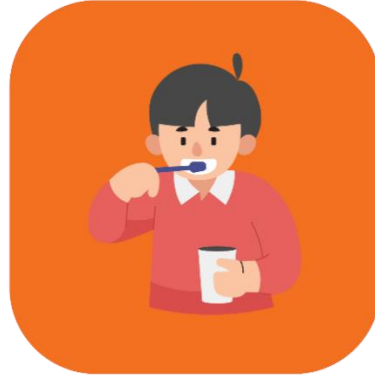
Develop a caring attitude towards oneself and others regarding body hygiene and health



# Maintaining Body Hygiene



Take a bath: at least 2 times a day



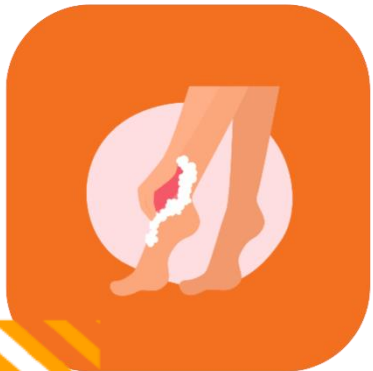
Brush teeth: Do it twice a day for 2 minutes with fluoride toothpaste.



Wash Hair



Trim and clean nails  
-Children: once a week.  
-Adults: once every two weeks.



Wash feet before get into the house



Wash hands

# Maintaining Body Health

Eat Nutritious Food:  
Eat 3 times a day with  
balanced nutrition



Get enough rest:  
Regular nightly sleep,  
6 - 8 hours per day



Regular Exercise: Light  
exercise such as  
walking



Urinate & defecate regularly

- Withholding bowel movements can increase the risk of appendicitis, colon cancer, fecal impaction, bacterial infections
- Holding back urination can increase the number of bacteria in the bladder, thus increasing the incidence of Urinary Tract Infections

# Specific Issues Related to Self-Discipline in Health Management

Eat Nutritious Food



Exercise



Maintain Sleep Quality



Digestive Problems



Study



Procrastination



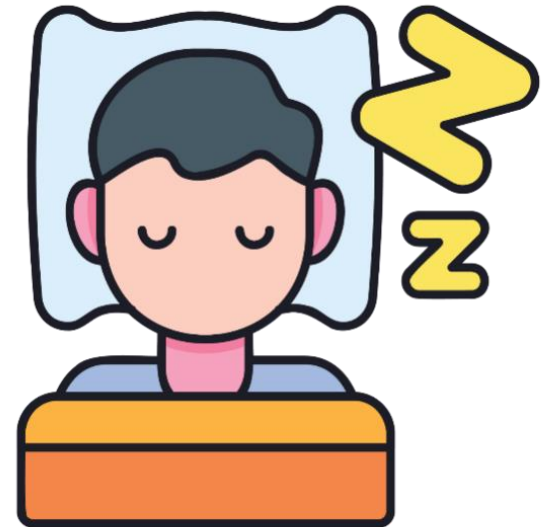
Smoking



# Specific Issues Related to Self-Discipline in Health Management

## 1. Sleep

Sleep deprivation causes mild *prefrontal cortex dysfunction* (a state where the brain has difficulty regulating emotions and maintaining attention in any task)



## Consequences of sleep deprivation:



Decreased  
motivation, mental  
clarity, and willpower



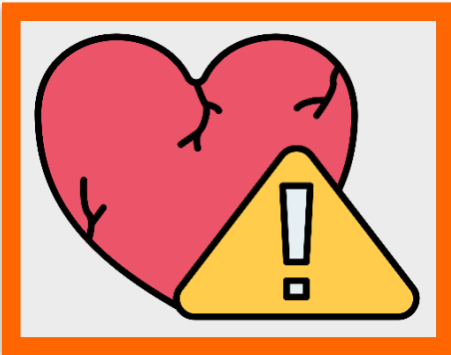
Difficulty  
concentrating



Impaired  
memory



Undermines  
Decision-making  
ability



Elevates the chance of  
developing multiple  
health problems and  
emotional imbalance



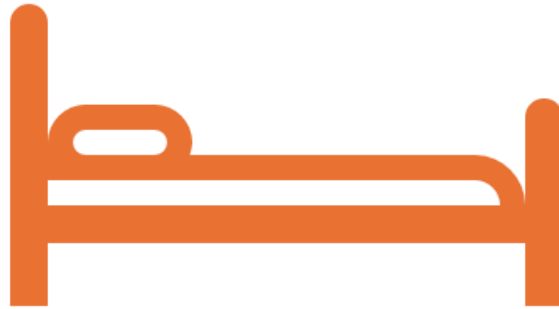
Enhance appetite and  
smoking impulses



# Three elements for settling down to sleep



Relaxation



Organizing the  
Bedroom



Routines



## 2. Eat

- Dietary key element: maintaining a stable blood glucose level
- Strategy: Consume foods with a **low glycemic index (GI)**.
  - **Glycemic Index (GI)**: Describes the speed of food digestion into glucose.
  - **Low GI Foods**: Undergoes a gradual breakdown process.



# 10 Nutritional Strategies for Promoting Youth Wellnes



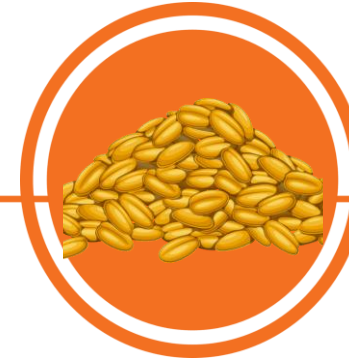
**1**  
Breakfast



**2**  
Avoid following  
fad diets



**3**  
Consume a minimum  
of five serving of a  
variety of fruits and  
vegetables daily



**4**  
Consume whole  
grains



**5**  
Reduce consumption  
of sugar, processed  
foods, and fried items

# 10 Nutritional Strategies for Promoting Youth Wellnes



6

Consume two portion  
of protein daily



7

Consume two portion  
of dairy products  
daily



8

Include daily  
servings of  
nutritious fats



9

Burn calories

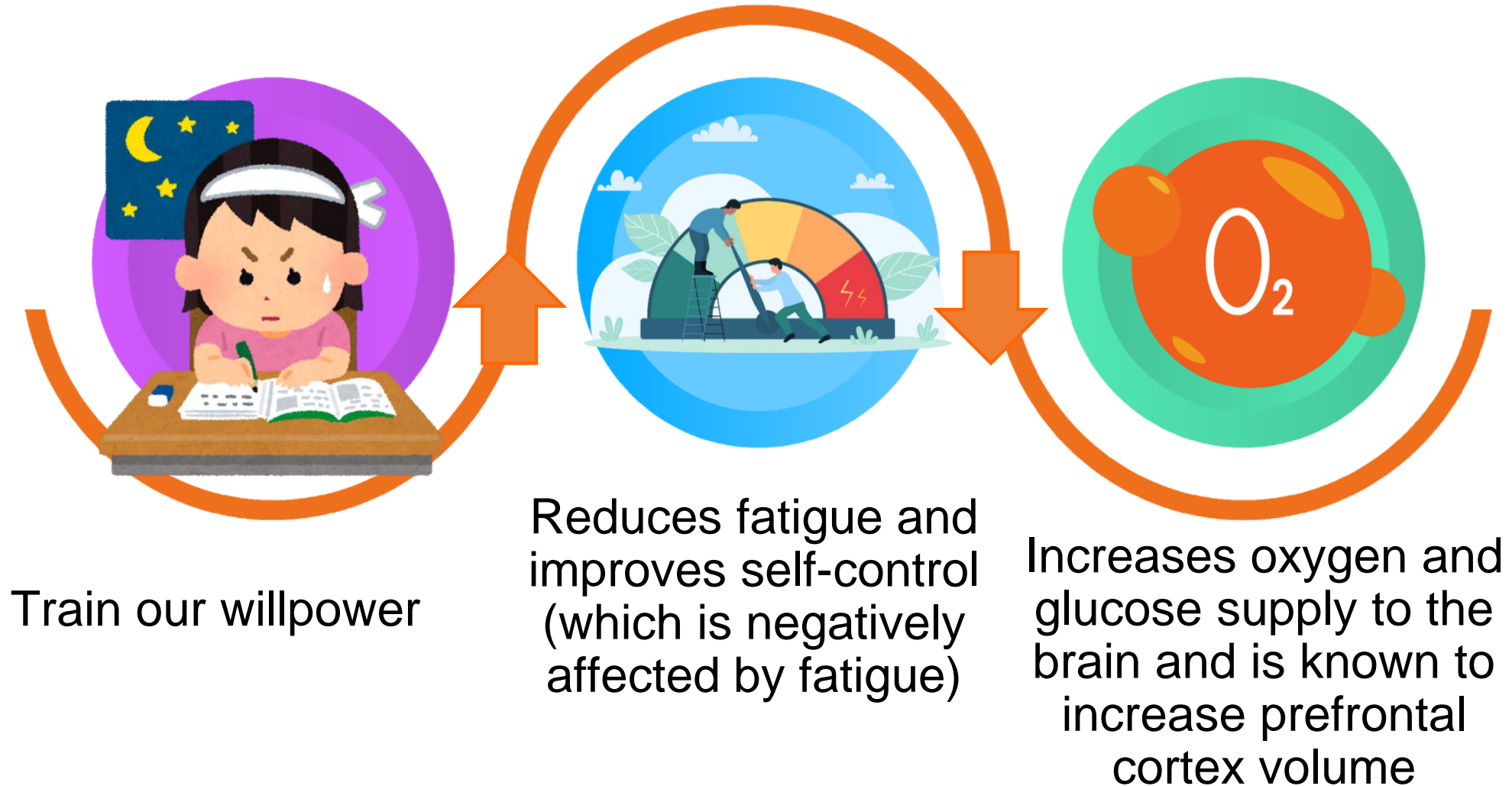


10

Ensure adequate  
water intake

# 3. Exercise

How Exercise Influences Personal Discipline:



# Benefits of Exercise:

Improve basic heart rate variability



Improves sleep quality



Reduces stress, anxiety, and depression



# Types of Exercise



- **Mindful Exercise**

Stretching, breathing exercises, meditation, yoga or pilates.



- **Strength Training**

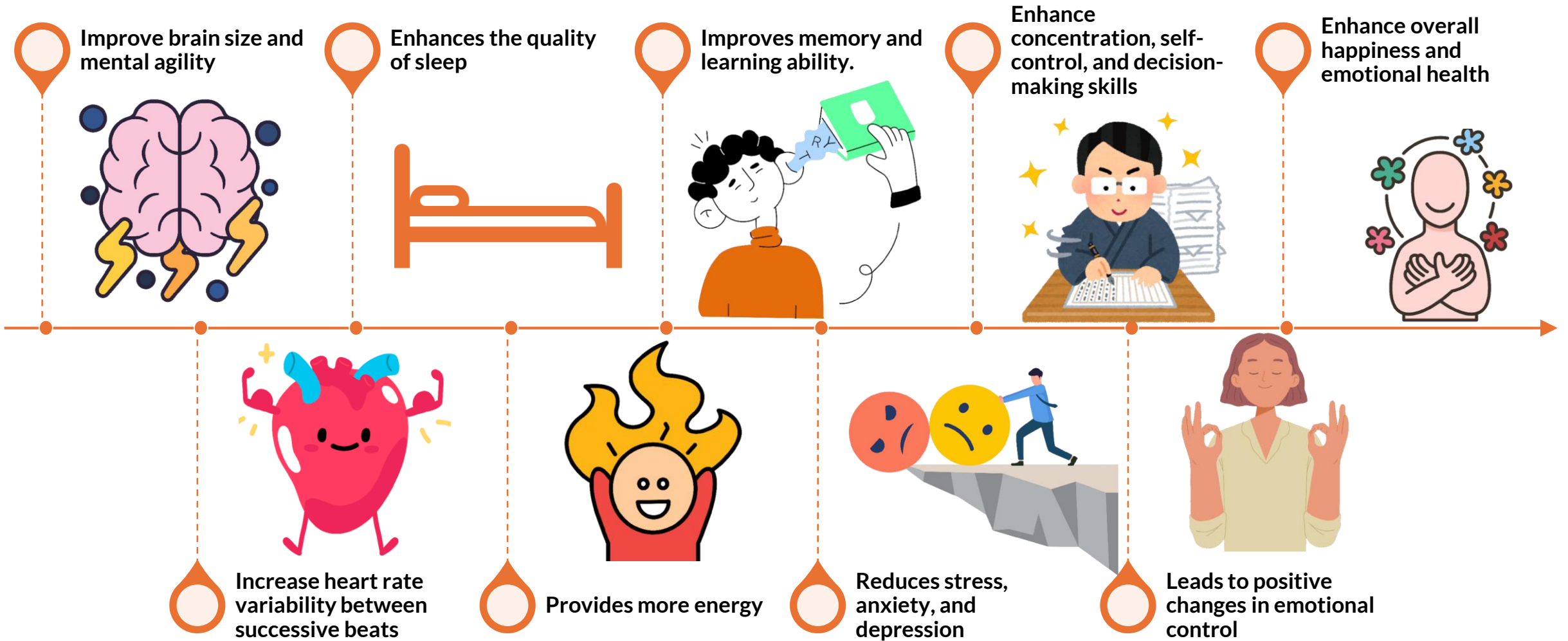
Lift weights or exercise with repetitive muscle-straining movements.



- **Cardiovascular Exercise**

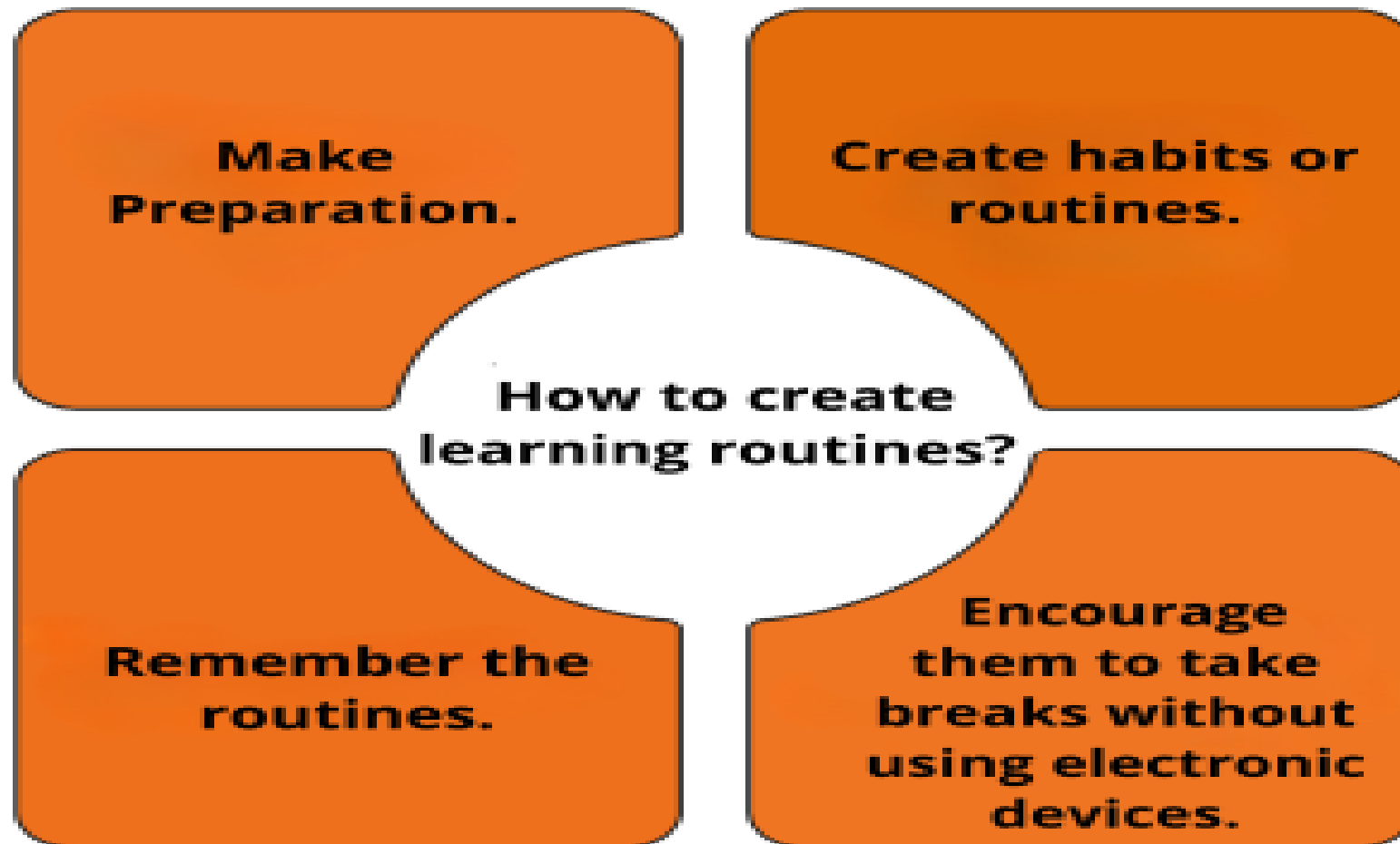
Fast walking, jogging, cycling, aerobics or swimming.

# Benefits of Exercise



# 4. Learn

The most important stage to help youth focus is **to teach them to build protections against interruptions/distractions.**

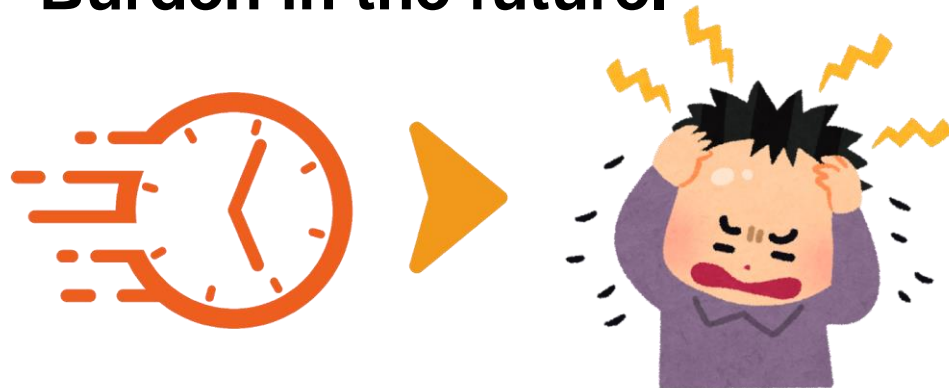


# 5. Procastination

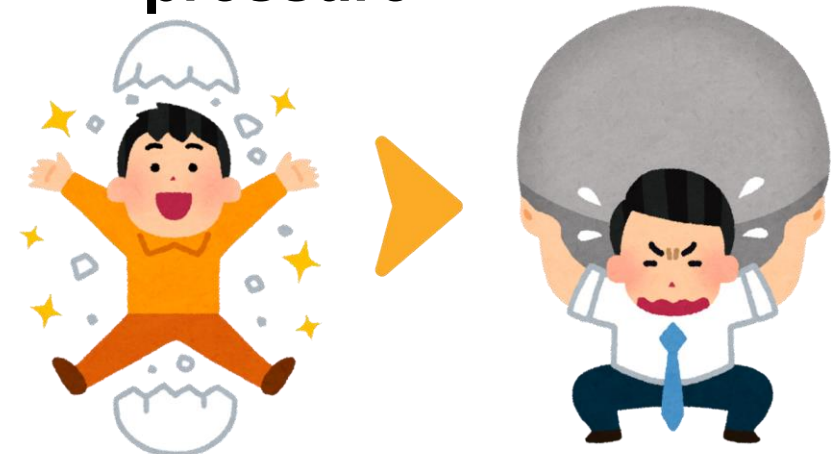
**“Work as hard as you can, for as long as you can, to get as much work done as you can.”**

## Procrastination Trap

- Freedom now,
- Burden in the future.



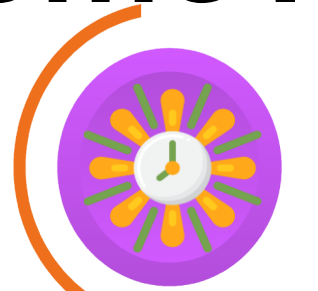
- Less time, greater pressure



# How to Overcome Procastination

## **Start Early:**

Complete assignments in advance of the deadline.



## **Reflection:**

Consider how completing the task earlier could have reduces stress.



## **Punctual:**

Develop the ability to respond to request more promptly



## **Build Habits:**

Punctuality is a product of consistent practice.



## 6. Smoking, Drinking Alcohol, and Using Illegal Drugs

### Harmful Impacts of Smoking:

#### Health Problems:

Cough, runny nose, pneumonia.



**High Cost:** Smoking costs money.

**Cosmetic Effects:** Odor, bad breath, yellow teeth, premature wrinkles

**Addiction:**  
Tobacco dependence.

**Danger to Others:**  
Exposure to secondhand smoke puts friends and family at risk.

# How to Decline and Offer to Smoke

- **State the Problem:**

"Smoking will ruin my breath."  
"Drugs are illegal."

- **Suggest an Alternative:**

"Hey, why don't you watch a movie?" vs.  
"No, I'd rather play basketball."



- **Ask the Question:**

"Why do I want to smoke?"



- **Think of Consequences:**

"If I get drunk tonight, someone might try to take advantage of



- **Leaving the Situation:**

"Sorry, everyone, but I better go."

**World Vision**

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS), ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

**KOICA**  
Korea International  
Cooperation Agency

**KDS** Korea Institute for  
Development Strategy

**RE:BACH**  
international

**World Vision**



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[www.wahanavisi.org](http://www.wahanavisi.org)



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