

عنوان مقاله:

The role of depression style and quality of healthy social life

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خلاصه مقاله:

Providing physical and mental health has always been of great importance and sensitivity and is one of the great goals of man. Providing physical and mental health requires a healthy lifestyle. Healthy lifestyle factors include having a proper diet, physical activity and exercise, adequate sleep, stress management skills, avoiding alcohol and drugs, spiritual involvement, and service to others. Such factors can improve the physical and mental health of people and provide the basis for the health of society. Health education should specifically emphasize the importance of developing healthy habits in improving or maintaining health. In order to improve people's quality of life in relation to health, it is necessary to implement educational interventions. This article examines the role of lifestyle in the physical and mental health of people.

کلمات کلیدی:

lifestyle, physical health, mental health, quality of life

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