

Health has four aspects physical, mental, social, and spiritual well being. Balancing these areas builds a stable personality and overall wellness. Today many people neglect one or more aspects. Practical steps to stay healthy

Limit digital device use. Excessive screen time can worsen eyesight and raise stress. Set screen time limits or use a minimalist phone with only essential apps to reduce distractions, especially if you need a device for work.

Use technology to improve diet. Find websites or apps that create personalized meal plans and track calories. Enter basic details and log meals and snacks so the app can monitor intake.

Digital devices can harm health and social life but also be valuable tools when used responsibly. Manage device use, use apps for nutrition and tracking, and prioritise balance across physical, mental, social, and spiritual needs to maintain long term well being. Aim for small, sustainable changes, consistency matters more than perfection.