



Health throughout the year - 2023

„Movement can replace all the medicine in the world, but all the medicine in the world cannot replace movement“

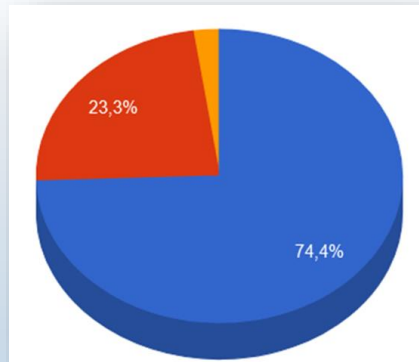


Survey "Addiction to technologies and their impact on well-being"

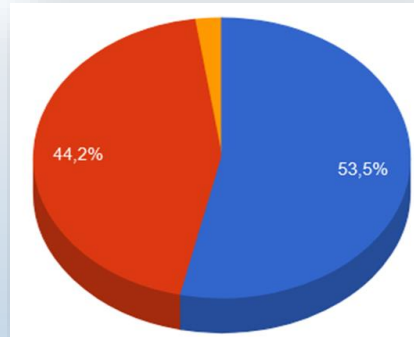
43 students of Joniškis "Aušros" gymnasium participated in this survey



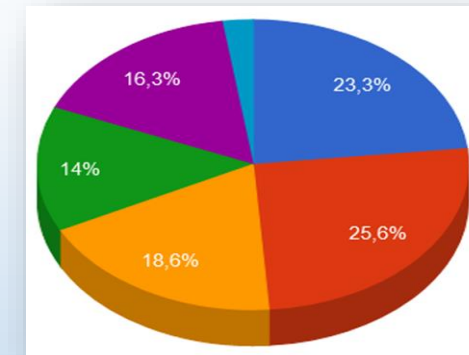
Do you use computer when you feel tension, anxiety? Yes - 74%; No - 23.3%



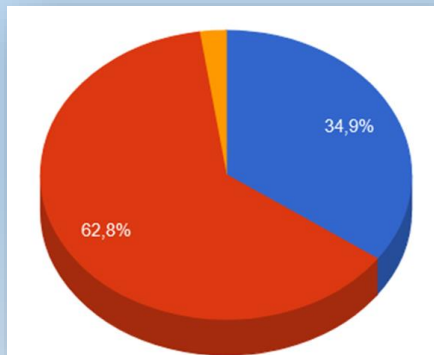
Have you made an effort to spend less time using your device connected to the Internet? Yes - 53.5; No - 44.2



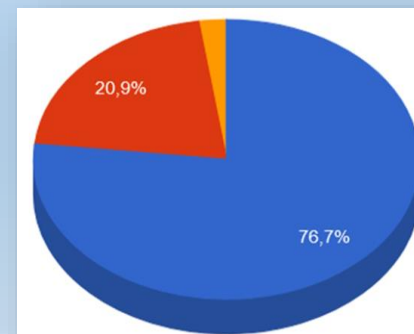
Do you often sacrifice sleep for being online? Rarely - 23.3%; sometimes - 25.6%; often - 18.6%; Very often - 14%; Always - 16.3



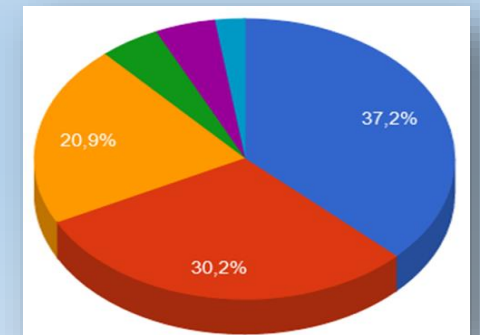
Have you been ashamed, tried to hide how much time you spend on devices connected to the Internet? Yes - 34.9%; No - 62.8



Do you use the Internet, a smartphone, as a way to escape from the problems? Yes - 76.7%; No - 20.9



How often do people complain that you spend too much time surfing? Rarely - 37.2%; Sometimes - 30.2%; Often - 20.9%



A still child = a sick child ☹️☹️☹️



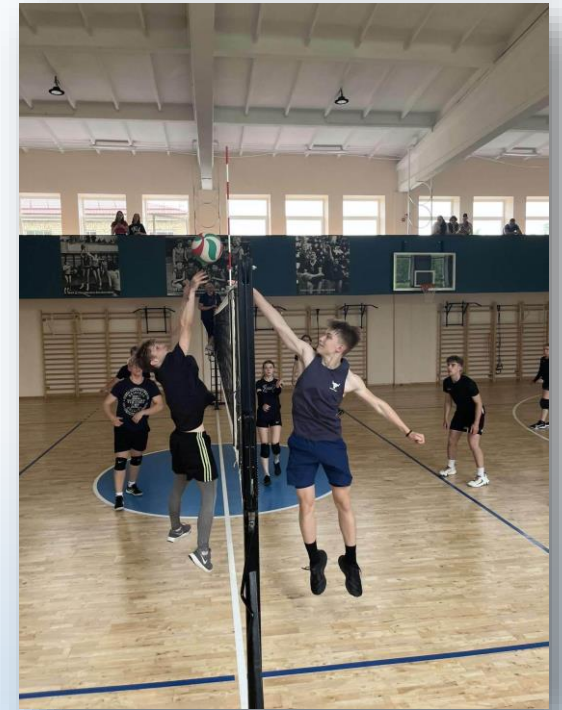
Physical activity is the basis of health and the component of a fulfilling life! ❤️❤️❤️



In a group of like-minded people,
it is easier to relax, to get rid of
everyday stress, which will help
you better concentrate while
studying.



Physical activity improves
body appearance, posture and
muscles.



Faith, diligence and patience
are three conditions which
harden and purify the body,
soul and spirit.





Walking is a beneficial activity for a person, providing not only benefits for physical and psychological health that have been based on science but also the joy of getting to know each other and opportunities for creating social connections. There is also a financial aspect which usually does not require large costs.

All for one and one for all!
Self-confidence is an essential component of teamwork success. Everyone must believe in their abilities, be able to take responsibilities for the assigned tasks and know that they can contribute to common goals.



Travels: educational, recreational, sports...
This is the most effective way of satisfying recreational needs, strengthen health,
improving working capacity, helping to get to know the world and broaden
horizons.



Try something new!

I can overcome my fears! It gives a sense of self-confidence, joy, euphoria, lifts the mood. Activities that require high concentration and knowledge stimulate brains activity, improve memory and cognitive functions.





Dance not only develops grace, its benefits to health are extremely powerful.



When you feel stressed and anxious, your favourite music or dance can help you.

