

SUMMATIVE ASSIGNMENT: HEALTH PORTFOLIO

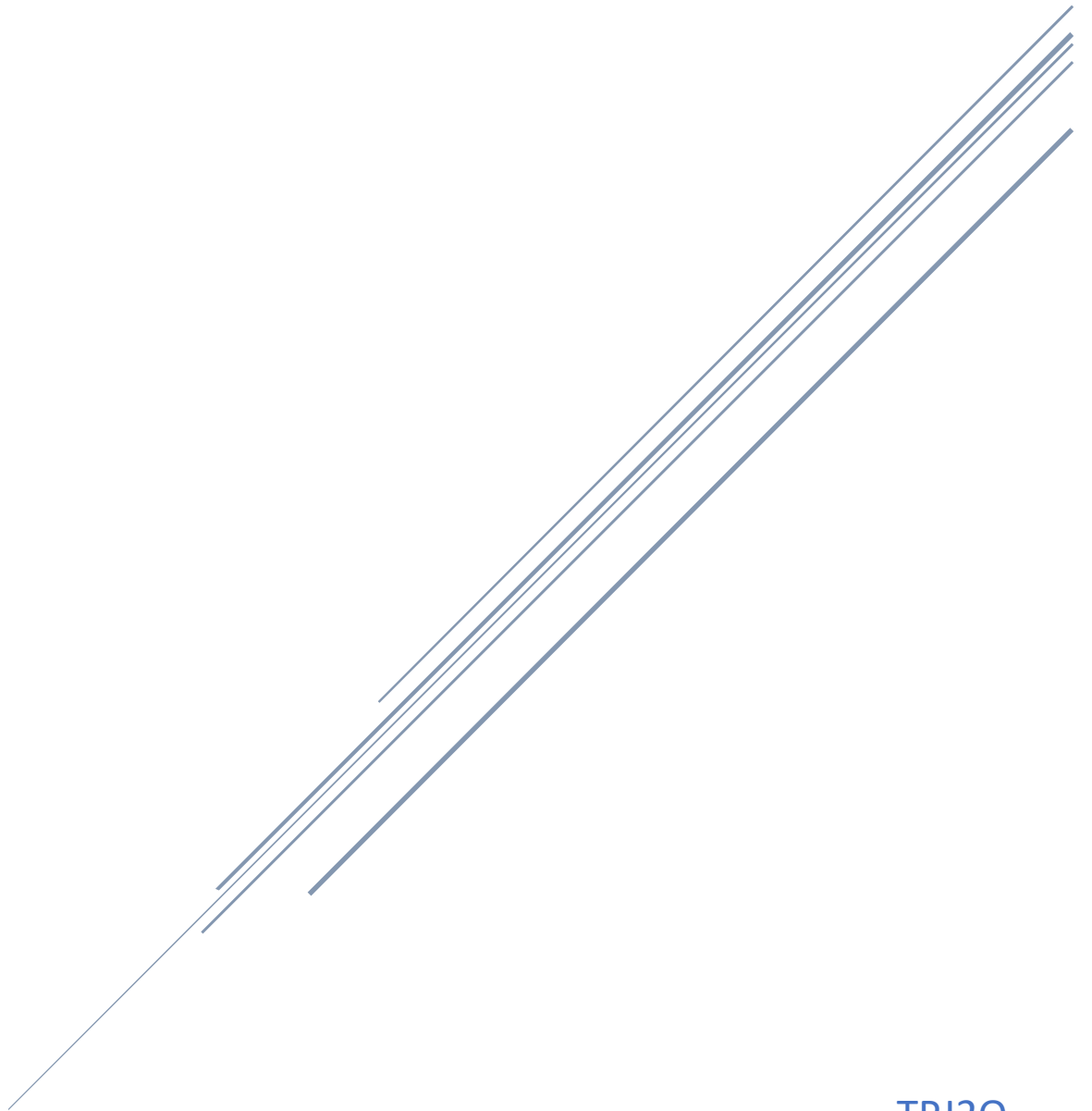


Table of Contents

Part 1: Physical Health	2
Exercise	2
Sleep	3
Food	4
Part 2: Mental Health	5
Happiness	5
Relationships	6
Purpose	6
Part 3: Chinese Medicine	7

Part 1: Physical Health

Exercise

Plan:

My goal for exercise was to improve my strength and improve my looks. To do that, I decided to do 20 push-ups, 20 lunges, and walk for 3 minutes then jog for 30 minutes per day.

First, push-up and lunge are included in strength exercise which can improve our strength, stamina, bone density, and sleep. I don't like my fat arms and legs so I decided to do take these two exercises so that I can make them look better and gain more self-confidence. Second, walking and jogging are included in cardio exercise which is good for improving our hearts. I have an inborn heart disease, which can lead to sleep paralysis, so cardio exercise helps me a lot in protecting my heart and improving my sleep.

If I was really busy, then I would at least do the strength exercises and skip the cardio. The strength exercises only take a few minutes to do, but the consistency of exercising helps keep my body strong and energy levels high. Moreover, I found myself getting stronger much faster than I expected. For example, 20 push-ups felt like a workout for me at the beginning, but by the end of the 2 weeks, 20 push-ups was very easy, and I could even do 40 push ups in one go.

Results:

After doing these exercises for two weeks, my sleep paralysis problem has not arisen and I feel much more energetic during the day because I can sleep better! Also, I have learned to try new things that we don't normally like to do after I experienced good results of doing them. In general, this exercise plan inspired me to try more new and healthy things I have never tried before.



Sleep

Plan:

We spend around a third of our lives sleeping, so finding ways to improve our sleep is very important. To improve my sleep, I made a decision to change some of my habits. I decided to keep myself away from electric devices one hour before sleep, sleep at least 8 hours per day, and control the temperature of my room when I sleep.



First, electric devices contain blue light that can harm our eyes and affect our sleep quality. So, I decided to avoid receiving blue lights by turning on the blue light blocking mode on my phone before sleep to protect my eyes. 1 hour before bed, I stopped looking at my phone. I wrote in a journal three things I'm grateful for that day. Then I did 15 minutes of meditation, which helped calm my mind. Then I listened to an audiobook from my phone while lying in bed. This helped me focus on something without looking at a screen, which helped me fall asleep.

Second, I increased my sleep hour to 8 hours a day, which is much more than I used to sleep. This can not only make me more energetic but also protect my liver. Even though I felt tempted to stay awake sometimes, I knew that having more energy the next morning was more important. By getting more sleep, I found that I was able to focus better and get my work done faster the next day.

Third, I kept my room cool (around 20 degrees) when I sleep and found out that I really slept more deeply. I get hot very easily, and turning the temperature down helped me fall asleep much easier. I used to wake up in the midnight for no reason and now the problem is fixed!

Results:

After two weeks of following this plan, my sleep quality has been improved a lot and now I can sleep more deeply and comfortably!

Food

Plan:

Most people eat three times a day, so it's very important to eat healthily. There's a Chinese saying that says illness comes in through the mouth. Even if we don't see any negative health effects from one bad meal, if we keep eating poorly over a long period of time, then illness will surely arise. I learned in class that 50% of my day's food should be fruits and vegetables, and that most people don't eat enough fruits and vegetables. That was certainly me. I ate way more grains and meat than fruits and vegetables. Moreover, for grains, we should choose complex grains over simple grains because they release more energy over a long period of time, which prevents us from getting hungry and tired so fast.

For my food, I made a general plan like this:

- Breakfast: Mainly have foods that contain complex carbs, including potatoes, whole grain bread, and green beans.
- Lunch: A dish of meat, a dish of whole grain pasta, a dish of vegetables, and an apple.
- Dinner: Have a few vegetables and some meat. (We don't need to eat too much at night because eating too much would make it hard for us to sleep)



On the right is an example of a meal I ate:

I asked my mother to help me cook according to my plan, so I stuck with it 90% of the time. But on the weekends, I would eat out with friends and eat unhealthy things, but I think it's good to have some relaxation over the weekend. Most of the time, I got 50% of my food from fruits and vegetables.

Results:

After two weeks of effort, I found that I can poop more comfortably than before, which I hoped for before I started the plan, because I ate more fruits, vegetables, and whole grains which contain a lot of fibers. Surprisingly, I also found that my skin's condition has become better than before, I used to have many pimples on my face and now they are gone! I think this is because of the increased proportion of plants and vegetables I ate, which can clean my body. I learned this new way of eliminating pimples on my face, so I won't need to do facials that often!

Part 2: Mental Health

Happiness

I reframed my mindset for happiness by understanding the difference between happiness and pleasure. In the past, I gained pleasure from playing video games, chatting on social media, and eating pizza. I imagined this stimulation I got was happiness, but I realized it was only a short-lived feeling that comes from pleasure.

On the other hand, happiness is long-lasting. I learned that gratitude for others brings true happiness. Life is full of examples where we can be thankful. I owe my parents endless gratitude for giving up their normal life to raise me. I decided to try showing more gratitude these past two weeks. I worked hard and achieved top marks in my two courses so they can be proud. I also helped them with household chores every day. For example, one day I washed the dishes and another day I vacuumed the floors. I look for one thing to be grateful for every day and thank my parents.

By turning failure into a lesson, I am no longer afraid of failure, but can regard it as experience. So I wrote a reflection letter after I failed an exam. By reflecting on the deficiency and making it a lesson for me, I think I have been improved.

Another thing I learned is to turn failures into lessons. We will definitely face challenges in life. The important thing is that we learn from it. Then we can regain our happiness. When I did poorly on an exam recently, I wrote this self-reflection:

This exam is not ideal. My self reflection is that I don't have a good study habit. Habit becomes nature. A correct study habit is related to one's life. Secondly, less self-examination and self-examination consciousness. Every ordinary exam and even ordinary homework are the assessment of our stage. After the assessment, we should find our shortcomings and correct them. Over time, the deficiencies disappear. This is the effect of reflection. To sum up, my mistakes are mainly these points. If I find mistakes, I must correct them. Being able to find mistakes is also an ability. Therefore, I propose the following rectification measures to strengthen the improvement of ideological consciousness and strive to correct my learning attitude. Increase your extracurricular knowledge, enrich yourself, read more useful books, browse some useful websites, so as to remove the dross and extract the essence. Strengthen their ideological awareness. Whether the learning attitude is correct or not can not be practiced in one day or two. Therefore, only through real ideological improvement can we make our attitude correct. Attitude determines everything. We should establish the belief that I love reading, not for whom I read

Relationships

My love language is gifting, and I always bought little gifts for my mother to show my love during the special days. However, after I learned the idea that different people have different love languages, I found that my mother's love language was actually words of affirmation. So, I planned to say words of compliment to her every day and observe her reactions. For instance, I told her that she cooked a fantastic meal and I loved it. During the holidays, we went to movies and mountain climbing with our family and held family activities, which made our relationship more close.



My mom



My cousin



Movie

Purpose

I learned that passion and purpose are different. Passion is just things that are fun and exciting for me. But purpose is much more. Purpose has two keys: I enjoy it and it helps others. I also learned that duty and love are good purposes, so I work hard at school to show my duty and love to my parents.

My future goal is to become a media person, and becoming a media person will not only make me happy, but also I can spread positive energy to the society through my own strength, which is a meaningful goal. But now as a high school student, this purpose is still too long and big, so I integrate it into my life by practicing video editing and paying attention to the information of the new media industry.

Part 3: Chinese Medicine

I picked YongQuan and FengChi as my two acupoints to massage. Both of them are good for releasing the excessive Qi that the body produces. But YongQuan is beneficial for the liver and improve sleep quality, while FengChi is beneficial for brain and eye and release headache.



Basically I massaged FengChi when I was reading something. It's easy to massage, because it's just located behind my head. And I massaged the YongQuan after night class, sometimes I would do it when I was watching movie. I have to say the FengChi was a little bit painful when I tried to massage it. For YongQuan, it's fine for me.

I don't see any obvious change during this period, but the pain reduced after I massaged it several times. I think only massage is not enough. I also drank a kind of Chinese medicine herbal tea. My aches reduced after I drank it consistently.



I don't think there is anything that is confusing. But I have to say persistence is a big challenge for doing massage. I have to remember to do it and persist every day.

After this experience, I realized that the main difference between TCM and western medicine are:

1. Basically Western medicine has many side effects like vomiting and headache. Western medicine can resolve the problem quickly but meanwhile takes more pain to the patient. TCM is more neutral. It brings benefit slowly with almost no side effects.
2. It's more convenient. I can do massage at home. But if I need to get the treatment from Western Medicine, I have to go to the clinic or hospital.