Ray Lu

Personal Health helped me a lot in terms of how to have a healthy habit and behavior. The assignments helped me understanding myself and forced me to make some healthy decisions and behaviors.

For the one-month goal, I set my goal to sleep eight hours a day and force myself to manage time better and to get off of electronics before go to bed. I kept weekly journals to reflect my progress. Through the one month, I slept more than I did before. Even though it’s still not eight hours a day but I can get 7 which helps me a lot for paying attention during the day.

For the outside activities, I went to hangout with my friends, play basketball, visit museum, watch theatre play and become the MC for the Chinese New Year Celebration Gala. All the events helped me to alleviate a lot of stress and pressure from our daily life. For example, hanging out with friends make our bonds stronger and make our relationship healthier. Healthy relationship will decrease the amount of stress the one’s having. Also watching plays got rid of my stress by letting me enjoy and watch something I never witnessed before. If felt very good to watch people acting on stage. It’s as same as watching a movie which makes me feel calm and relaxing.

For the Wellness presentation, I had my topic on the benefit of playing basketball. It made me had a deeper understanding of the sport and the benefit it has. Through the research I noticed that playing basketball will require lots of part of body to be in work, so it trains many muscle parts. From listening to our people’s presentation, I learned about meditation. I think meditation is a great way to relax myself from stress. Maybe sometimes the weather will be very bad, and I don’t want to go to SRSC, I can just meditate at home which is very convenient.
In conclusion from this class, I learned more about the benefit of playing basketball to our body and mental health, also forced me to get a healthier sleeping schedule. In addition to that, I learned about the benefit and the convenience of meditation so I will use that in the future. I really enjoyed this class and thank you!