



**ST. MARY'S** *Catholic High School, Dubai*



# World Health DAY

**7 APRIL 2026**



**STAY HAPPY, STAY HEALTHY**



## What is World Health Day and why is it celebrated?

**World Health Day** is celebrated on April 7 each year. This day highlights global health concerns and encourages healthier living.

It is organised by the World Health Organization (WHO) to highlight pressing health issues affecting people worldwide, to promote healthier living and to encourage collective action at both global and individual levels.

Specifically, the day aims to:

- Raise awareness about global health challenges
- Promote access to quality and affordable healthcare
- Encourage healthy lifestyle choices
- Highlight the importance of mental and physical well-being



## WORLD HEALTH DAY 2026 THEME

The 2026 theme, '**Together for Health, Stand with Science**', emphasizes scientific collaboration for safeguarding health, encourages people around the world to support and trust science. This year's celebration marks the beginning of a year-long campaign that highlights how scientific collaboration helps safeguard the health of humans, animals, plants, and the environment.

## SIGNIFICANCE OF WORLD HEALTH DAY 2026

World Health Day 2026 holds special importance as it emphasizes the role of science in building a healthier and more sustainable future. Led by the World Health Organization (WHO), this year's theme, "**Together for Health, Stand with Science**", highlights how scientific research and collaboration are essential to tackling global health challenges.



# Wellness Tips for a Healthy Life!

## Stay Hydrated

Drink Plenty  
of Water



## Eat Nutritious Food



Add More Fruits & Veggies

## Get Moving

Exercise Daily



## Get Enough Sleep

7-8 Hours  
of Rest



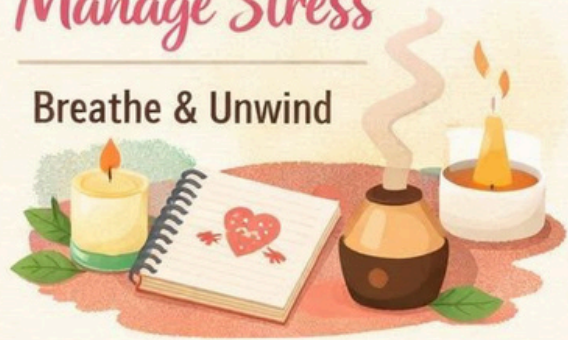
## Practice Mindfulness

Meditate  
& Relax



## Manage Stress

Breathe & Unwind



♥ Take Care of Yourself! ♥

# TIPS TO STAY Healthy



## EAT A VARIETY OF FOODS

If you eat different foods - including fruits and veggies - you're more likely to get the nutrients your body needs to grow and function.



## DRINK WATER & MILK

You need to drink about 8 glasses of water and 3 cups of milk per day to stay hydrated and have strong bones!



## LISTEN TO YOUR BODY

Are you still hungry or are you already full? When eating, take notice of your body and eat accordingly to your hunger.



## LIMIT SCREEN TIME

Try to spend not more than 2 hours a day watching TV or playing video games so you can have more time for outdoor activities like biking, basketball, and swimming!



## BE ACTIVE

Go and explore! Try a lot of new things and figure out your passions and talents!

## 10 ESSENTIAL HEALTH TIPS FOR 2026



**Eat a Balanced & Healthy Diet:** Include plenty of fruits, vegetables, whole grains, and protein rich foods in your diet. Aim for at least 400g (5 portions) of fruits and vegetables daily.



**Reduce Salt and Sugar Intake:** Keep your daily salt intake below 1 teaspoon (5g) and avoid sugary foods or drinks to prevent hypertension and obesity.



**Eliminate Harmful Fats:** Avoid saturated and trans fats. Use healthier oils instead of soybean or palm oil for cooking and minimize the consumption of processed foods.



**Live Tobacco and Smoke Free:** For healthy lungs and heart, quit smoking and tobacco use entirely. Stay away from secondhand smoke as well.



**Stay Physically Active:** Engage in at least 30 minutes of moderate exercise or brisk walking daily. This reduces the risk of heart disease, stroke, and diabetes.



**Stay Hydrated:** Drink plenty of water throughout the day to keep the body hydrated and metabolic processes active. Choose plain water over sugary beverages.



**Prioritize Mental Health:** Take regular breaks to reduce stress and seek professional advice if needed. In 2025, treat mental well-being as importantly as physical health.



**Follow Safe Hygiene Practices:** To prevent infectious diseases, wash your hands regularly with soap and maintain good personal hygiene.



**Regular Health Check ups:** Even without symptoms, get your blood pressure, sugar, and cholesterol levels checked at least once a year. Early detection ensures easier prevention.



**Ensure Adequate Sleep:** Ensure 7–8 hours of deep sleep every night. Quality sleep is vital for physical recovery and mental alertness.

# HEALTHY EATING AWARENESS



★ Fuel Your Body With Good Food! ★

1



Eat a rainbow of fruit and veggies

2



Choose whole grains when you can

3



Include protein at every meal

4



Drink water instead of soda

5



Never skip breakfast

6



Eat slowly and chew well

7



Choose healthy snacks between meals

8



Eat together with family or friends



Good food gives you energy to learn, play, and grow!



# Be Clean, Be Healthy!

## Personal Hygiene Habits for Kids



Wash your  
hands with soap  
before eating  
and after playing



Brush your teeth  
every morning  
and night



Take a bath  
every day  
to stay fresh

Wear clean  
clothes to  
keep germs  
away



Cover your mouth  
when you cough  
or sneeze.



Trim your  
nails to  
stay neat

Clean Kids = Healthy Kids!



# WELLNESS TIPS

1. Drink more water
2. Exercise regularly
3. Get enough sleep
4. Eat a balanced diet
5. Manage stress
6. Practice mindfulness
7. Be grateful
8. Spend time in nature
9. Limit screen time
10. Stay positive
11. Build strong relationships 
12. Set goals
13. Take breaks
14. Learn something new
15. Practice self-care
16. Help others
17. Spend time with loved ones
18. Be kind
19. Get sunlight 
20. Listen to your body





# 7 TIPS TO KEEP YOUR HEART HEALTHY

According to [WHO](#), total deaths resulting from cardiovascular disease yearly across the globe is about **17.3 million**.



## TAKE A 10-MINUTE WALK

If you don't exercise at all, a brief walk is a great way to start.



## GIVE YOURSELF A LIFT

Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles.



## MAKE BREAKFAST COUNT

Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.



## HAVE A HANDFUL OF NUTS

Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack.



## SAMPLE FRUITS OF THE SEA

Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.



## INTAKE FRUITS & VEGETABLES

Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.



## STOP DRINKING YOUR CALORIES

Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day.

# MENTAL HEALTH AWARENESS



## 6 WAYS TO BOOST YOUR MENTAL HEALTH

### Why is mental health important?

• Mental health is important because it affects how we think, feel, and act, influences how we handle stress, relate to others, make decisions, and enjoy life. Good mental health helps us cope with challenges, build healthy relationships, maintain physical health, achieve goals, prevent crises, and improve overall quality of life.



### NOTICE THE SIGNS

Pay attention to changes in your mood, energy, or interests. Feeling sad, anxious, or disconnected for a long time may be a sign to check in with yourself.



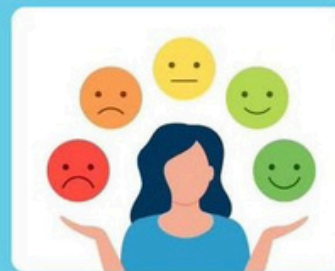
### TALK TO SOMEONE YOU TRUST

Don't bottle up your feelings. Reach out to a friend, family member, teacher, or mentor. Talking can help you feel understood and supported.



### ASK FOR HELP

It's okay to seek professional support. Counselors, therapists, and mental health hotlines are there to guide you when things feel overwhelming.



### EXPRESS YOUR EMOTIONS

Find healthy ways to express yourself. You can write in a journal, talk openly, create art, or even play music, whatever helps you process your feelings.



Mental health struggles are normal and nothing to be ashamed of. Talking about your mental health helps create understanding and makes everyone stronger.

### BREAK THE STIGMA



### PRACTICE SELF-CARE

Taking care of your mind starts with taking care of your body. Prioritize good sleep, eat nutritious food, exercise, and spend time doing things that bring you joy.



# MENTAL HEALTH REMINDERS



Take it one day at a time.  
Small steps lead to big change.



You're more than your productivity.  
Rest is productive too.



Celebrate small wins. Progress,  
no matter how small is still progress.



You're not alone. Reach out.  
Support is always closer than you think.



Self care isn't selfish.  
Taking care of yourself is essential, not indulgent.

Be gentle with yourself.  
Talk to yourself like you would a friend.

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# Ten-minute habits that can improve your mental health



**Deep breathing exercises** can help induce relaxation and lower stress levels



**Journaling** offers a means to release feelings and gain clarity



**Taking a short walk** can elevate your mood, restore energy, and provide a mental reset



**Practising gratitude** can enhance overall happiness and resilience



**Stretching and yoga** can relieve tension, boost blood flow, and promote relaxation.



**Listening to music** can improve your mood, reduce stress, & uplift emotional health.



**Take a digital break** can lessen mental fatigue and sensory overload.



**Practice mindful meditation** can help induce relaxation and lower stress levels



**Speaking to a loved one** strengthens your bonds & can diminish feelings of loneliness.



**Staying hydrated** is vital for cognitive function and overall health.



**Reading** a book, article, or poem can stimulate your mind and ease stress.



**Enjoy time with a pet** can decrease stress levels & offers comfort, and joy.



**Practicing self-affirmation** about yourself mitigates negative thoughts



**Engaging in creative activities** helps in processing emotions and alleviating stress.

**hola**

Doctors anywhere with a stethoscope.



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