

— A PRESENTATION ON —

PERSONAL HYGIENE AND ACADEMIC SUCCESS

DEVELOPING AN ALL-ROUND PLATFORM
FOR ACADEMIC SUCCESS IN FUNAI

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Outline

- **Introduction**
 - Definition of key terms
 - Person
 - Hygiene
 - Basic Research Questions
 - Types of Hygiene
- **Definitions & Modalities for the application of the different types of Hygiene for academic success**
- **Summary, Exercises & Conclusions**

Questions about students' Life



- Why do students lose interest in reading even when they have quiz or exam?
- Why should a student steal or engage in acts that are demeaning (like not bathing in the morning, pooing or urinating at hostel doors etc) even when the person is aware of the consequences?

Questions about students' Life

- How can we overcome the challenges posed by our environments so as to become successful in life?
- We are supposed to be young adults, yet we do things that hurt us and draw us back in life, why?



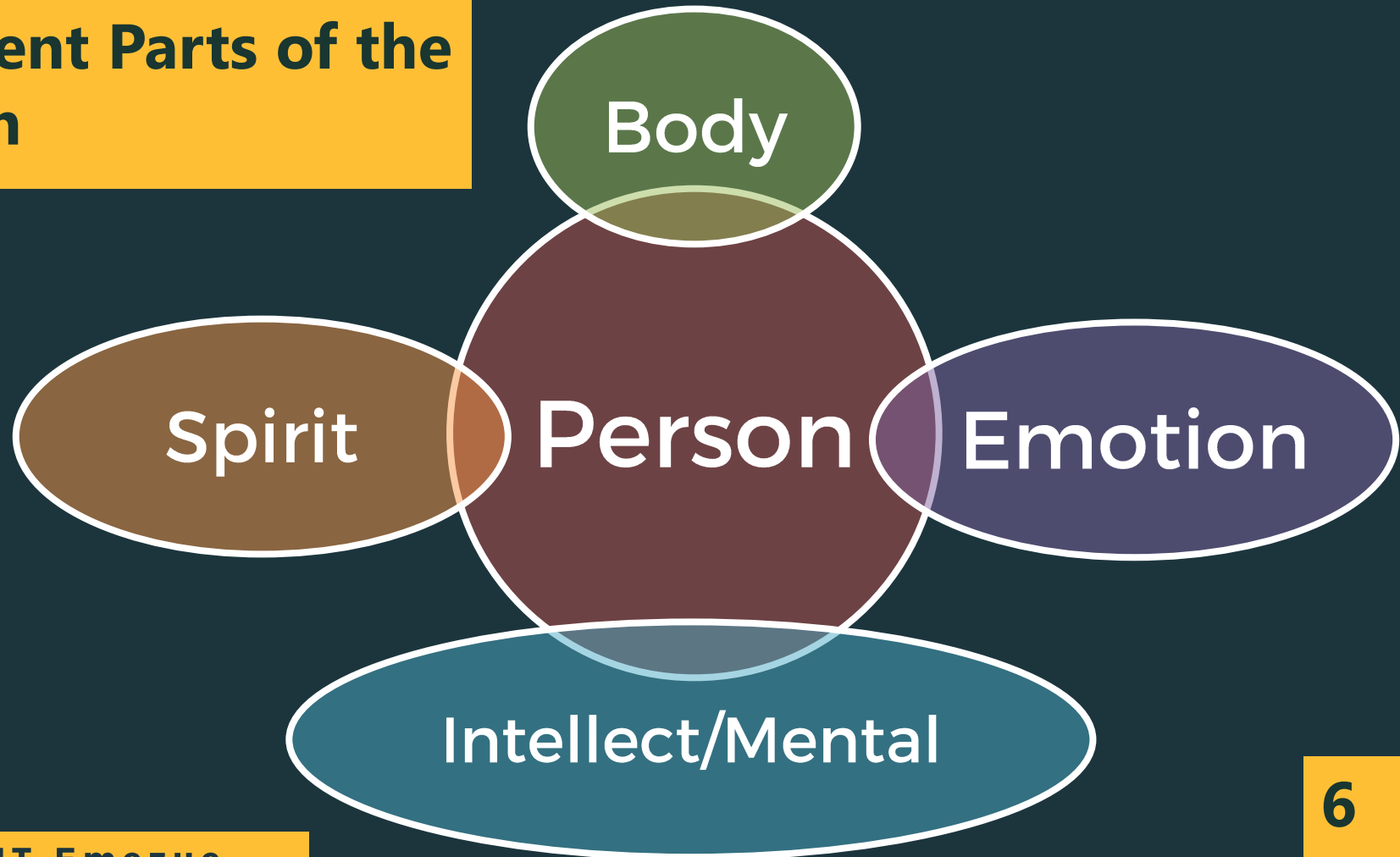
General Definitions of Hygiene

Set of Practices for
the Preservation of
Health (WHO)

Cleanliness

Maintain Health &
Prevent the Spread
of Diseases

Different Parts of the Person



Parts of a Person

Physical Aspect

Emotional Aspect

Mental Aspect

Spiritual Aspect

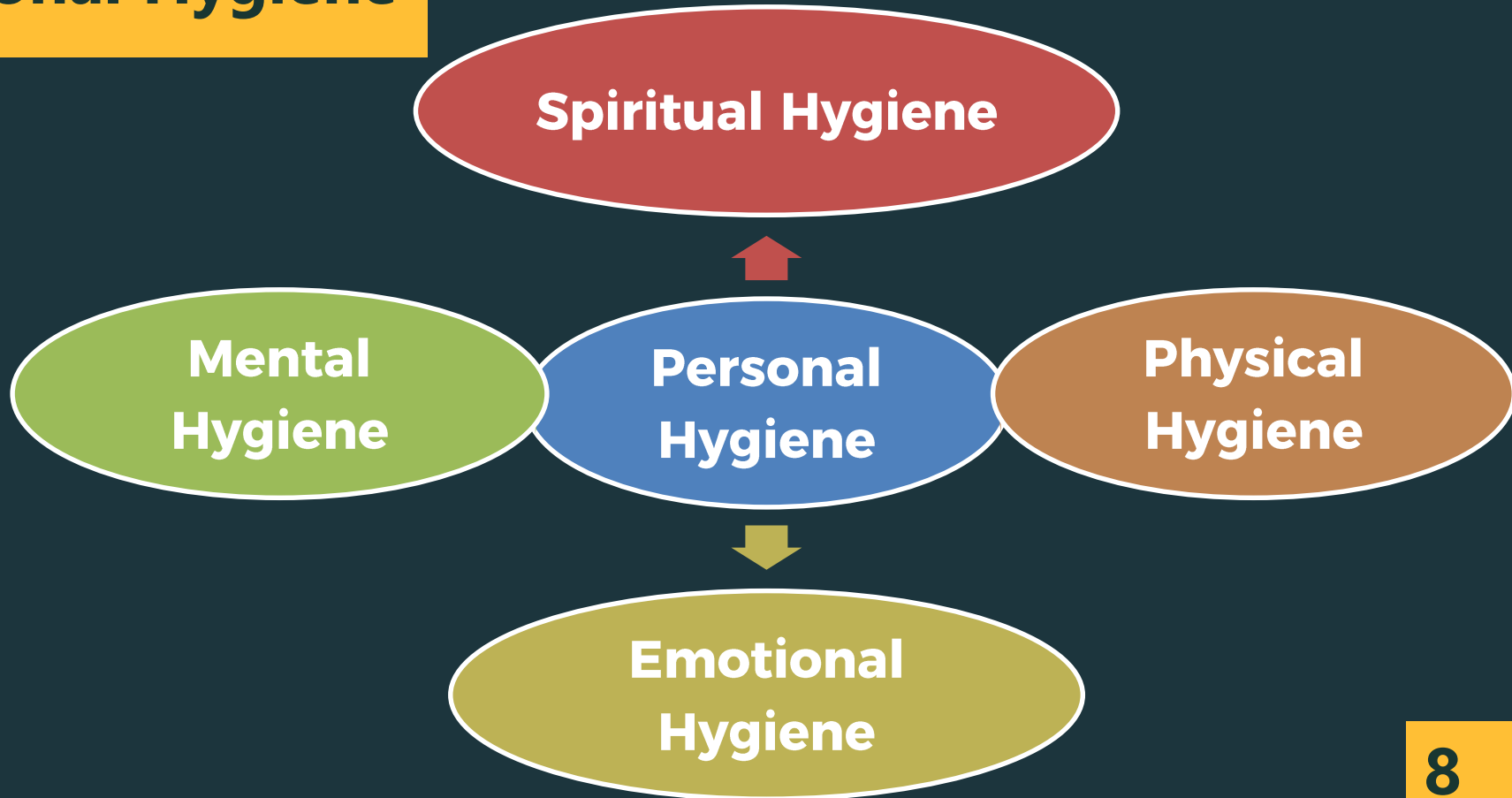
Physical body

Feelings

Mind/Intellect

Soul

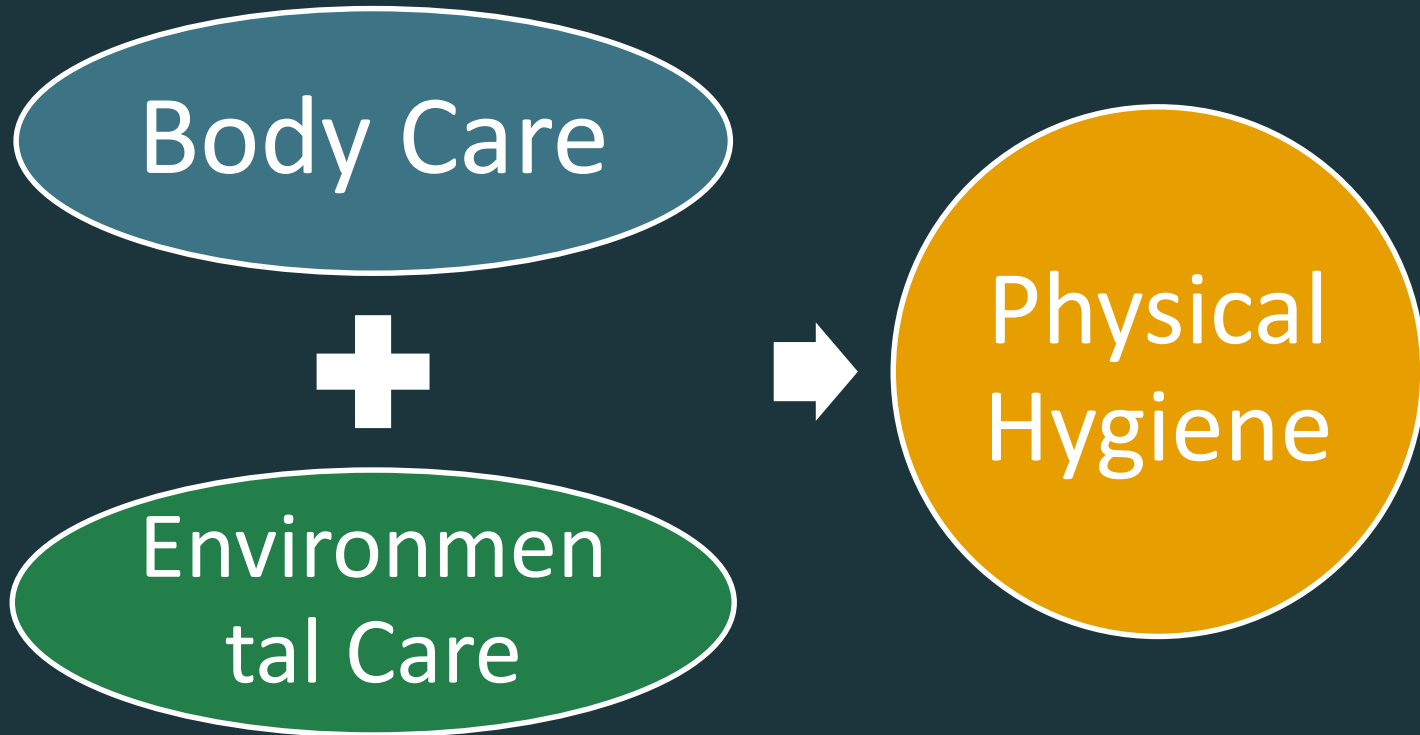
Personal Hygiene



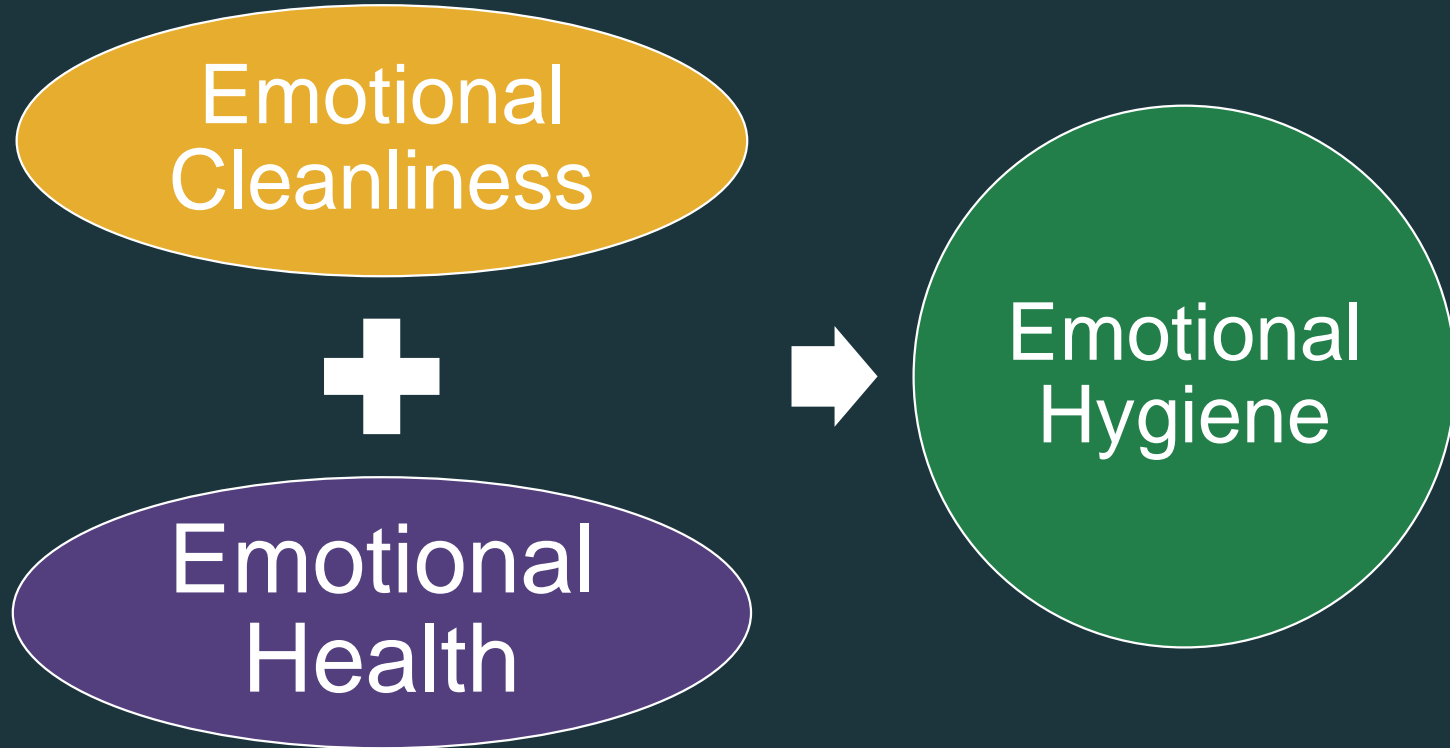
Personal Hygiene contd.



Personal Hygiene contd.



Emotional Hygiene



Emotional Cleanliness

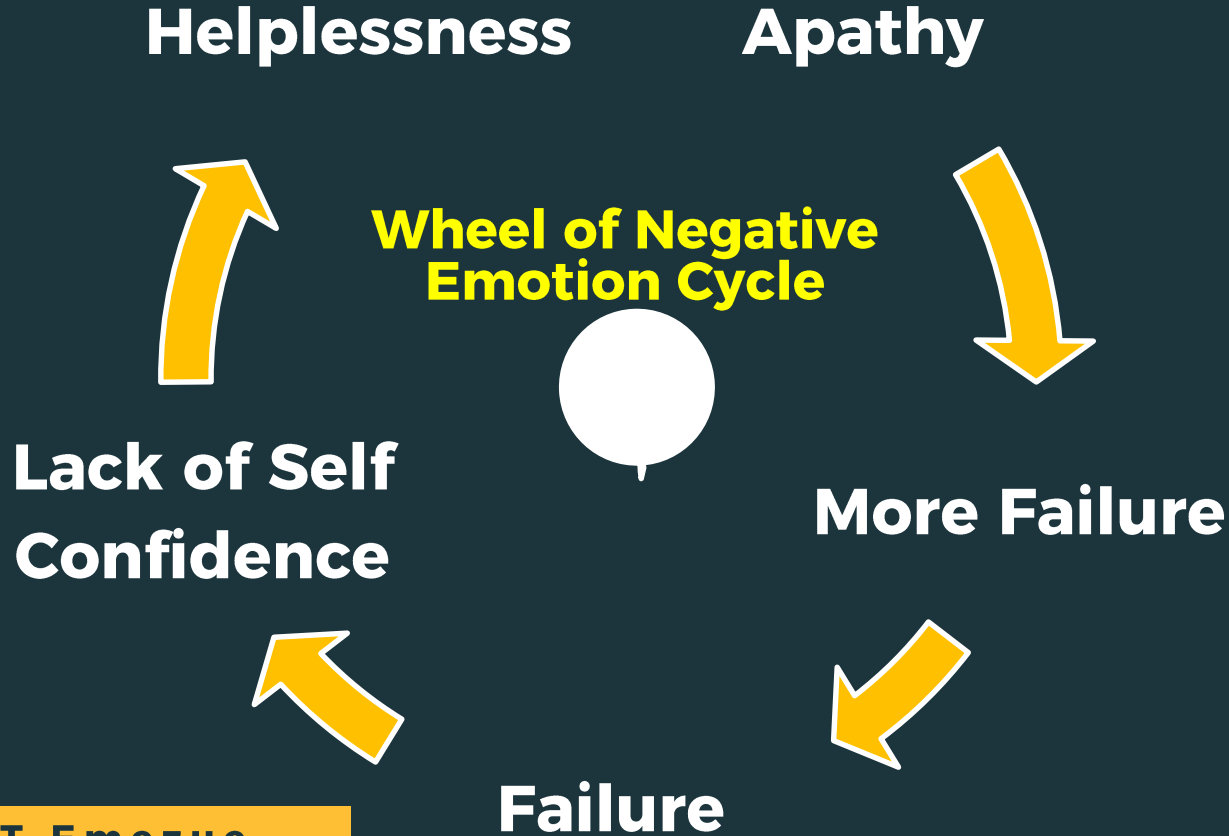


Emotional Cleanliness = watching out for:

Emotional Injuries: Fear, Rejection, Embarrassment, Failure

Bad Emotional Habits: Negative Self-Talk; Ruminating on Distressing Events

Negative Emotion Cycle



Pay Attention to Emotional Bleeding & Pains

Symptoms

- Negative Self Talk
- Poor Self Esteem
- Bad Mood
- Anger
- Resentment
- Revenge
- Apathy



Challenges of Low Self Esteem

- People with Low self esteem are more vulnerable to failure
- Less persistent
- Anxiety and stress
- Self Esteem Fluctuates – when high, we feel different and respond differently to situations and people



Develop Emotional Resilience

Self Love Exercises:

- Physically take better care of yourself. Compliment yourself.
- Spend time with yourself. Singing, Dancing, Reading, meditate, walk etc.
- Do what you love most.
- Choose to be around positive people.



Develop Emotional Resilience

Self Compassion Exercises: Judge yourself the way you will judge some one you truly care about

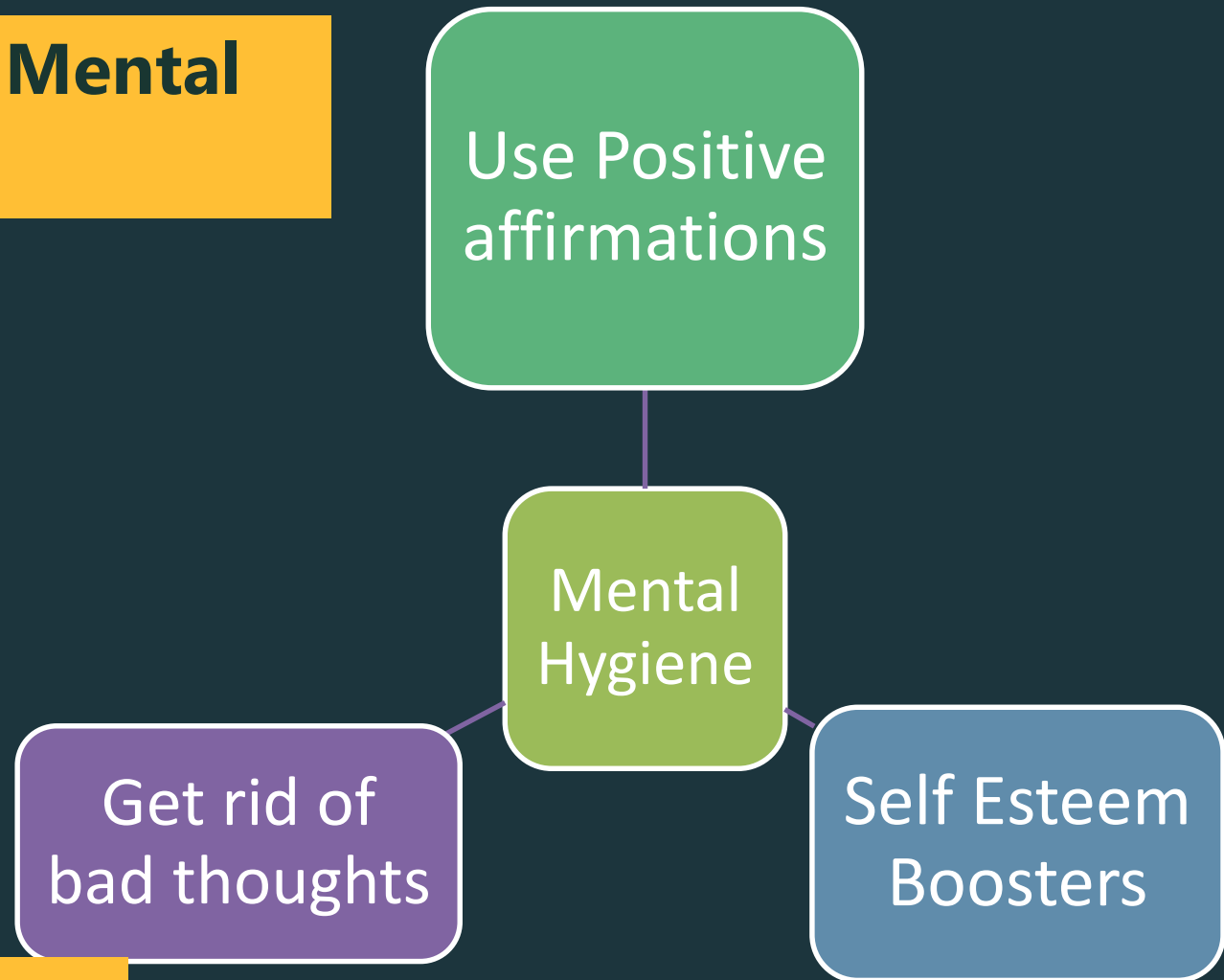
Self Affirmation Exercises: Those exercises that affirm real aspects of ourselves we find valuable (as opposed to positive-affirmation exercises that affirm idealized versions of how we wish we could be).

Personal Empowerment Exercises: Focus on things we have done well in the past as they are proof that we are not powerless.



mental health is "a state of well-being in which the individual **realizes his or her own abilities**, can **cope** with the normal stresses of **life**, can work productively and fruitfully, and is able to make a contribution to his or her community". (WHO)

Pathways to Mental Hygiene



Practices for Mental Health *by Edward Brown*



Transcend Your Environment: Train yourself to overlook physical factors that you can't control. Concentrate on thoughts that make you happy when confronted with challenging situations like Abakaliki heat and suffocating classrooms.

Cultivate Constructive Acceptance: Accept the things you can't change graciously and more ideas will come as per how you can overcome the challenges. Don't quit.

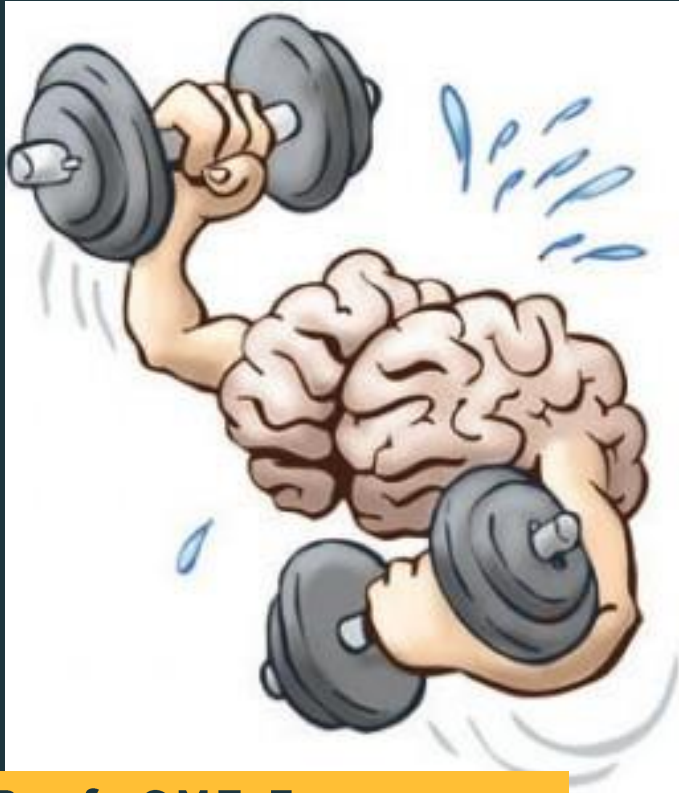
Practices for Mental Health *by Edward Brown*

Visualize the ideal self: Always see yourself being successful at every task you set yourself. e.g. forthcoming exam etc.

Use Positive affirmation: Think of a phrase that gets you motivated e.g.. I am wonderfully made.” “God loves me.” “I can do it” etc.

Use Understanding: Try to understand the nature or reasons for certain events/people in your life, then you wont feel so negatively towards them. e.g. exams, tests, your room mate, classmate etc.

Practices for Mental Health *by Edward Brown*



Practice Psychological Counter

Punching: Using double dose of positive affirmation: Block negative thoughts with : “I can do it!” then “Just do it!!” still on the exam.

Change you Internal Computer Chip:

Use positive images/affirmations to replace negative ones that play up in your mind.

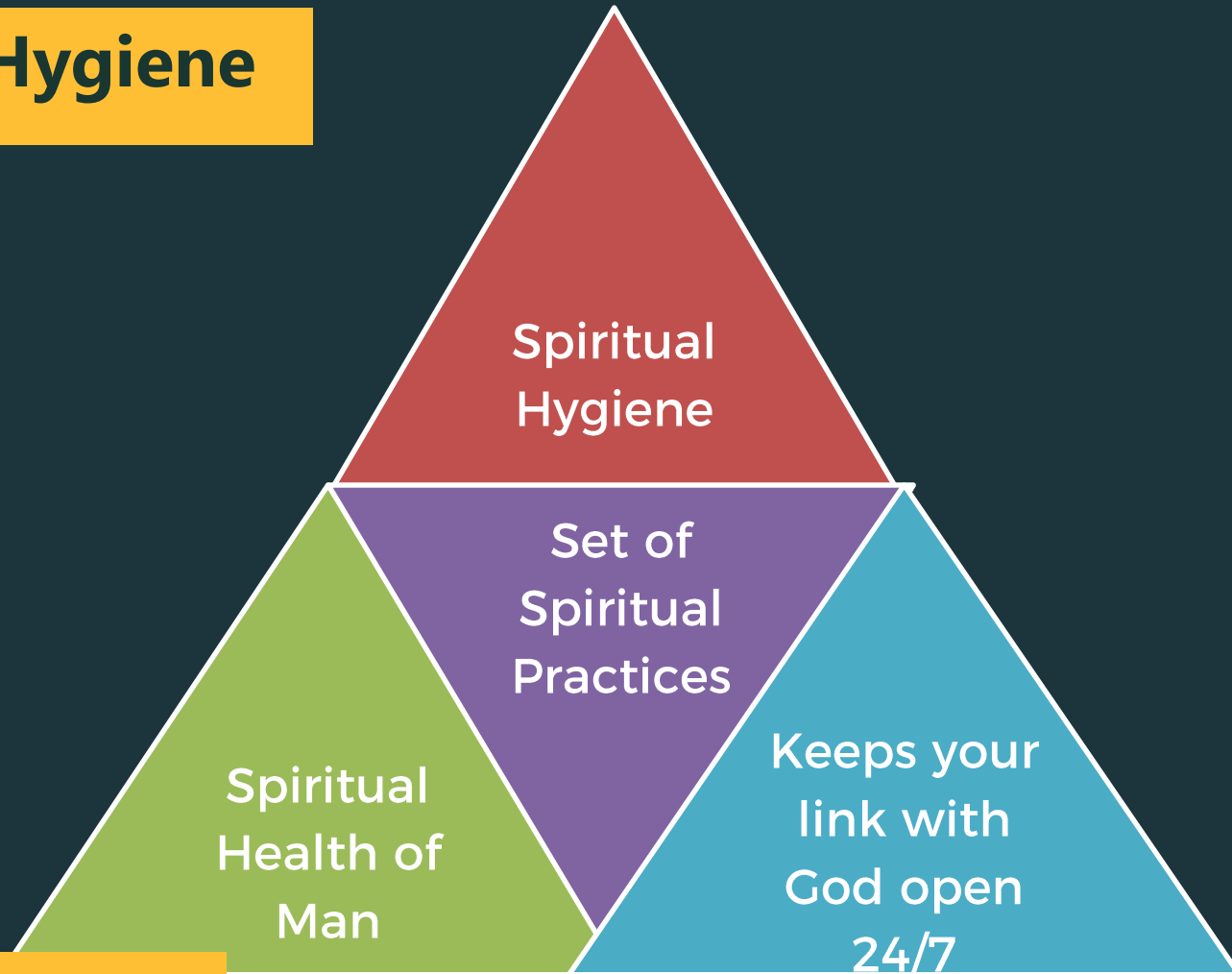
Building your Mental Muscles Daily

Gratitude: Daily Identify 3 things you are grateful for in your life and thank God sincerely for these things. Eg air, water. Identify 3 things you like about FUNAI, classroom, your neighbor, yourself.

Living in the Moment: train yourself to be absorbed in your present environment and not your handset or the bad events your mind is rehashing. List 3 things that interest you in this room.

Act “As if”. When angry or sad, push your shoulders back and smile, you’d be surprised how well and fast it works.

Spiritual Hygiene



Spiritual Hygiene is all about ...



Making your prayers work

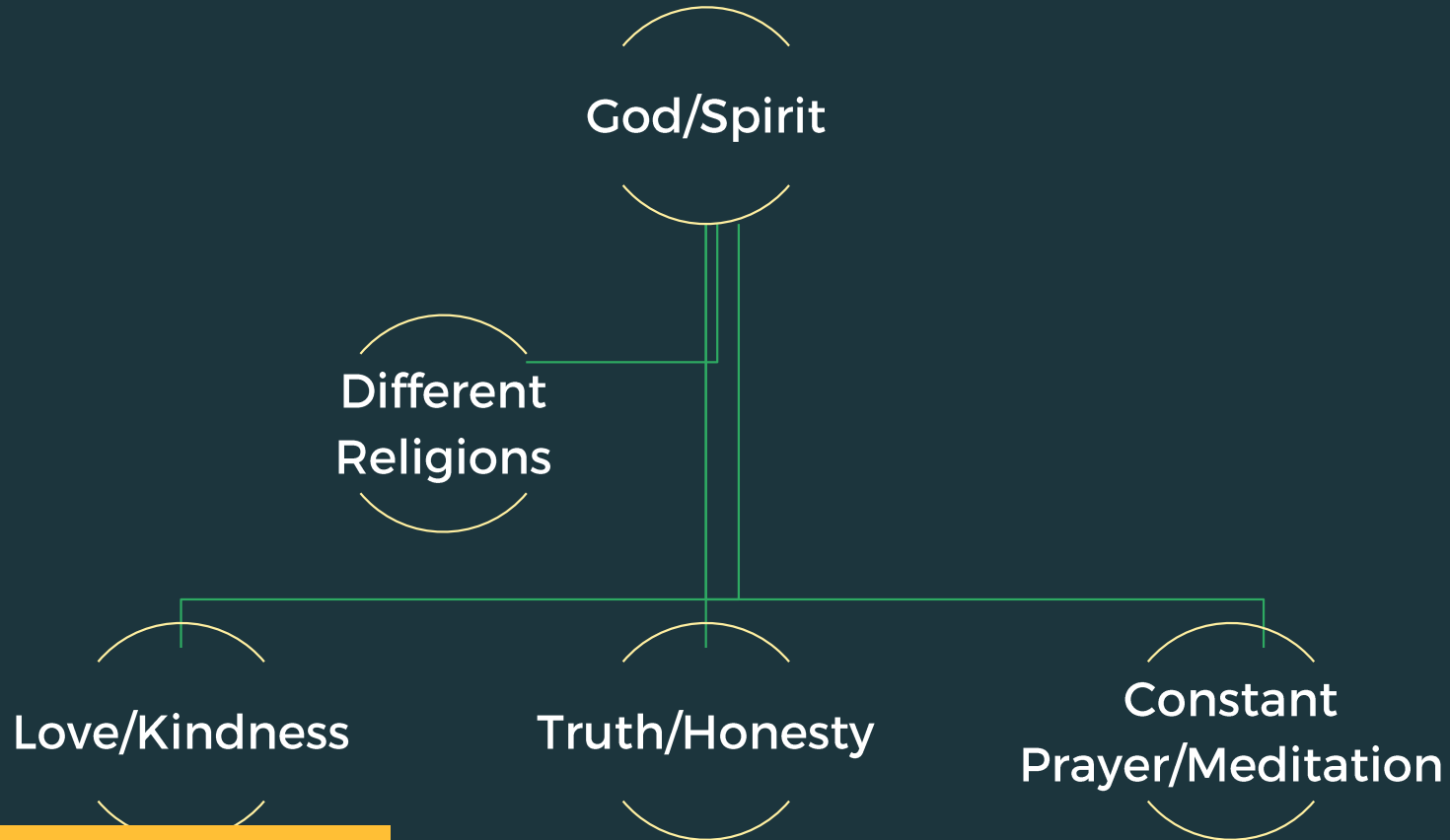
Communication with God

“I don’t want to fail” VS “I want to Pass”

Understanding
Prayer “Time”

Understanding the key
words in Prayer Syntax

Methods of Spiritual Hygiene



Possible Answers to our Questions

Question

Why do students lose interest in reading even when they have quiz or exam?

Answer

Possibly because the student is caught in the web of negative emotional Cycle. This student will fail once again.

Possible Answers to our Questions contd.

Question

Why should a student steal or engage in acts that are demeaning (like not bathing in the morning, pooing or urinating at hostel doors etc) even when the person is aware of the consequences?

Answer

This student has very low self esteem. Emotionally, mentally and spiritually sick. He/she has given up on success and does not care what happens next.

Possible Answers to our Questions contd.

Question

How can we overcome the challenges posed by our environments so as to become successful in life?

Answer

By focusing on the positive side of things in life.

Possible Answers to our Questions contd.

Question

We are supposed to be young adults, yet we do things that hurt us and draw us back in life, why?

Answer

This is due to unhygienic spiritual, mental and emotional life style. When these three aspects are healed, the person will pick up his/her life once more.

Conclusion

Constantly practice all the hygienic exercises outlined here. They will help promote the health and well being of your physical body, emotion, intellect and spirit. Through these ways you will surely achieve success in life.



Acknowledgement

Thanks to motivational writers like:

1. Charles Haanel
2. Dylan Harper
3. Amy Morin
4. Cynthia Thaik
5. Napoleon Hill
6. Norman Vincent Peale
7. Walleck Wallace
8. Abudu

just to mention but a few.

THANK YOU
