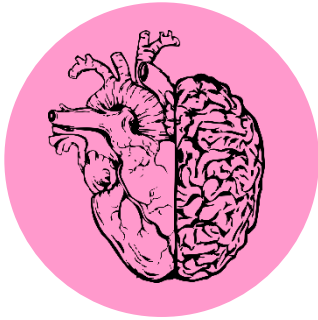


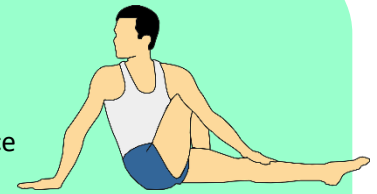
Physical and Mental Health



Mental health and physical health are components of our overall health and well-being. They are subcategories of health, and are extremely closely connected. Too often, we might think of physical health issues first and most strongly when we hear the word “health.” In this newsletter, we will discuss the ways that our physical health and mental health are interconnected. By understanding the interwovenness of these two concepts we can learn how to create positive change in both areas.

Let’s Define These Terms

The term physical health applies to the ongoing condition of your body. This certainly includes things like physical fitness, but it doesn’t end there. When discussing physical health we must also consider elements such as the presence or absence of disease, and of physical symptoms as well.



The term mental health refers to an ongoing state of emotional and psychological well-being. When discussing mental health, we must consider aspects such as the presence and absence of mental illness as well as a person’s general day-to-day mental functioning and preparedness to deal with the demands of their daily life.

More than Just Overlapped

More than simply being related or linked, our physical and mental health work in tandem and have direct influence on one another. If our physical health is ailing, it increases our risk of experiencing mental health problems. Conversely, living with mental health problems can also contribute to physical health problems. Changes made, whether positive or negative, in one of these realms will have direct influence on the other. This connection can be an extremely important tool for us as we seek to improve our overall health.



Perfectionism and Catholicity

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” (Proverbs 17:22)

“Do you not know that you are God's temple and that God's Spirit dwells in you?” (Corinthians 3:16)

The Bible sheds light on the importance of maintaining ourselves, body and spirit. It says that, in doing so, we honour God.



Sleep Hygiene

One aspect of our daily lives that has huge impacts on our physical and mental health is sleep. Sleep is a crucial component of our overall health and its importance likely can't be overstated. Sleep provides all the systems within our body an opportunity to rest and recover.

Insufficient sleep can contribute to a number of physical health issues. A lack of **QUALITY** sleep increases our risk of a number of diseases and health problems. These include immunodeficiency, obesity, diabetes, hormone imbalances, pain, and cardiovascular disease. Physical health problems can also impede our ability to achieve quality sleep.

Sleep deprivation can also increase our risk of mental health challenges. These can include anxiety, depression, suicidal ideation, and many more. Sleep deprivation can even lead to psychosis, where someone experiences difficulties perceiving their environment and internal experiences due to lack of sleep. These symptoms can begin in some people with as little as 24 hours without sleep. Like physical ailments, many mental health problems can also contribute to a lack of quality sleep.

Valuing our sleep and taking steps to improve our sleep routine will yield many benefits to our mental and physical health.



Tools to Benefit our Mental and Physical Health

Exercise

Physical exercise is important for all of us. The physical benefits to our body are numerous, and exercise also yields benefits to our mental health. Exercise has been shown to reduce levels of depression, anxiety, stress, and more.

Mindfulness

We might be more familiar with the mental health benefits of mindfulness, but did you know mindfulness can help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and more?

Nutrition

Like exercise, nutrition is a component of our lives that is of vital importance to all of us. Far more than maintaining a healthy weight, nutrition provides our body with the building blocks for strong physical and mental health.

Time in Nature

Spending time in nature can be rejuvenating for our mind and body. It yields many mental health benefits. It also can help us to improve our sleep, reduce stress, and bolster our immune system.

Consider Taking Up a Sport

Many of us may not have participated in many sports since we were in school. Picking up a sport in adulthood can help us to become more physically active while increasing our social connections!

Positive Affirmations

This is a practice where we consciously say or think positive (and true) messages about ourselves. In addition to improving our mental health, they can help us reduce harmful stress.