HEALTHY TIPS

This Is How Our Emotions Influence Our Health & Well-Being

By bestfolkmedicine · 06/07/2019 · 3 min read



Having a good emotional health means that one is aware of their feelings, attitudes, and thoughts. This person also has healthy methods of coping with the everyday challenges and stress in life.

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They also feel good about themselves and maintain healthy relationships with the people around them. But, not every person enjoys a good emotional health and consequently, they struggle with problems like anxiety, stress, and sadness.

As our body and mind are connected, experiencing problems with our mental health can influence our physical health and vice versa. According to the WHO, health is an umbrella term comprised of mental, physical, and social well-being.

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Why Is Our Mental Health Influencing Our Physical Health?

When we are dealing with poor mental health, our capacity to bring healthy decisions and our body's ability to fight off chronic diseases reduce.

Moreover, people who fail to pay the needed attention to their emotional well-being are at a higher risk of physical health problems such as cardiovascular disease, weak immunity, hypertension, obesity, asthma, etc.

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Depression as a major health issue has been linked with physical health problems like insomnia, tiredness, and higher pain sensitivity.

This being said, it is pivotal to take good care of our mental health, same as we do for our physical health. Below, check some tips on how to start improving your overall health (mental, physical, and social) today.

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How to Improve the Body & Mind Connection

- **Follow a healthy diet**

A diet abundant in processed, low-nutrient, and sugar- and salt-rich foods has been linked with higher risk of anxiety and depression.

This is why you need to work on improving your diet- introduce more veggies and fruits, consume raw and organic foods, and minimize the intake of processed and artificial products.

Consume fish, whole grains, and nuts too. This will help you better the physical health and boost your brain function.

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- **Work out**

Regular physical activity is pivotal for a good health. When you exercise on a regular basis, you help release important chemicals like serotonin and endorphins which are known to relieve anxiety and depression.

Whether it is yoga or a sweaty cardio session, choose the best workout according to your needs and begin today!

- **Regulate your sleep**

Having a sleep routine established and getting the needed hours of sleep per night is vital for a good overall health. Unfortunately, lack of sleep has been associated with stress, anxiety, and depression.

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Opt for seven to nine hours of sleep. To help improve your sleep quality, try to relax before bed by listening to some music or meditation, reduce your caffeine intake, and go to bed at the same time every night, even on weekends.

- **Get support and help**

Your social circle also plays a major role in averting a decline in your emotional health. Talk to your friends and family on a regular basis and communicate with them about how you feel.

When necessary, don't shy away from asking help from them. They are your primary system of support. Consult a professional in case you are dealing with some symptoms of mental health problems.

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Sources:

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