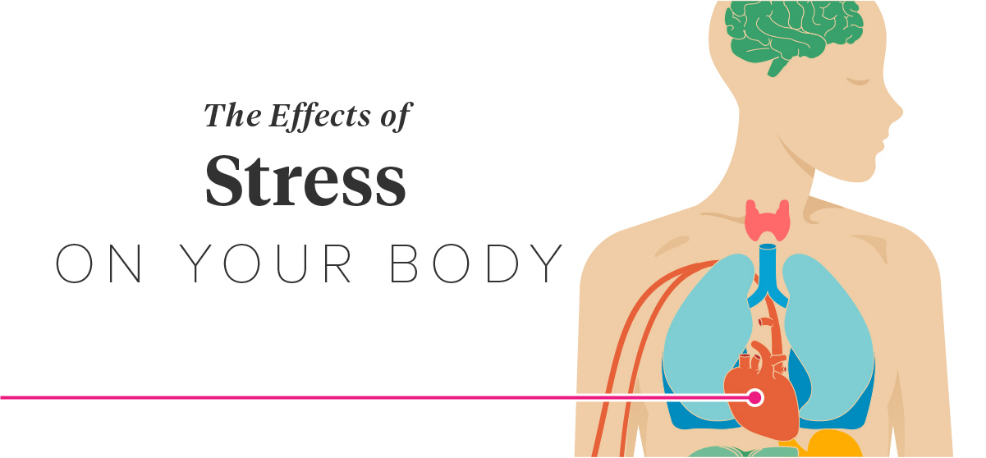
Mind/Body Connection:

How Your Emotions Affect Your Health



People who have good emotional health are aware of their thoughts, feelings, and behaviors. They know healthy ways to cope with the stress and problems that are a normal part of life.

However, many things in your life can affect your emotional health. These events can cause strong feelings of sadness, stress, or anxiety. Even good or wanted changes can be stressful. For example:

* Losing your job.
* Getting divorced or married.
* Getting sick.
* Moving to a new home.
* Having or adopting a baby.

Your body responds to the way you think, feel, and act. This is one type of “mind/body connection.” When you are stressed, anxious, or upset, your body reacts. Poor emotional health can weaken your body’s immune system. This makes you more likely to get colds and other infections!

Paths to Improved Health

You can improve your emotional health. First, try to recognize your emotions and understand why you are having them. Below are some other helpful tips.

1. Express your feelings in appropriate ways.

If feeling stressed, sad, or anxious is causing you physical problems, keeping these feelings inside can make you feel worse. It’s okay to let your loved ones know when something is bothering you.

1. Live a balanced life.

Focus on the things that you are grateful for in your life. You may want to use a journal to keep track of things that make you feel happy or peaceful. Make time for things you enjoy.

1. Develop resiliency.

Resilient people are able to cope with stress in a healthy way. Resiliency can be learned with different strategies. For example, having social support, keeping a positive view, and accepting change all help.

1. Calm your mind and body.

Relaxation methods, such as meditation, listening to music, and yoga can help bring your emotions into balance.

1. Take care of yourself.

To have good emotional health, it’s important to take care of your body. You should be eating healthy meals, getting enough sleep, and exercising.

Questions:

1. What is the article about? Give the main idea in two or three sentences.

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1. True or false
   1. The mind and body are connected. T F
   2. Keeping feelings inside can make it worse. T F
   3. ‘Being grateful’ means thinking about your problems. T F
   4. Resiliency means you can cope with stress well. T F
   5. Taking care of your body can improve your emotional health. T F
2. What does it mean to ‘be grateful’? What is something you are grateful for in your life?

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1. Which tip do you think is the most helpful? Why?

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Send your answers to [shanson-lynn@zagmail.gonzaga.edu](mailto:shanson-lynn@zagmail.gonzaga.edu) for feedback! 😊