Healthy mind, healthy body
Life is lived in the mind; the quality of your thoughts determines the quality of your life.

-Unknown
Learning objectives

Healthy mind, healthy body

- **Understand** the mind-body connection
- **Reframe** your thought pattern to stop the stress response
- **Practice** gratitude to overcome troubling emotions
- **Use** mindfulness to shift your mind’s focus to the present
- **Learn** tips to make physical and mental self-care a priority
Your mind and body are powerful allies

Your thoughts can have a positive or negative effect on your body

• Your brain produces substances that can improve your health:

Endorphins

Your body’s natural painkillers

Gamma Globulin

Strengthens your immune system

What chemicals your brain produces depends in part on your thoughts and feelings!
4 best practices to a healthy mind

1. Reframe your thoughts
2. Practice gratitude
3. Be mindful
4. Prioritize self-care
Reframe your thoughts
Benefits: Reframing your thoughts

- Stress can be caused by our own thoughts and beliefs. Changing the way that we think may help to:
  - Change your **physical response** to stress
  - Improve your **coping** skills
  - Develop **resiliency**

Our thoughts affect our beliefs and our beliefs affect our behaviors.
**Take action!**

**Process for reframing your thoughts**

1. **Identify your thoughts**
   - **STOP** the negativity

2. **Challenge your thoughts**
   - **ASK** questions:
     - What is the truth in this thought?
     - Are these thoughts helpful?
     - How are these thoughts affecting me?

3. **Reframe your thoughts**
   - **CHOOSE** another more positive thought that helps you to view the situation differently
Practice gratitude
Expressing gratefulness can **shift your attitude** from negative to positive.

**Benefits:** Practicing gratitude

A growing body of research is showing that practicing gratitude may help to:

- **Improve sleep**
  - May help us to overcome troubling emotions that keep us awake at night

- **Reduce stress**
  - Gives us a more optimistic and positive outlook on life

- **Decrease symptoms of anxiety**
  - Can shift our focus to the blessing’s in life, instead of reflecting on worries
Take action!
Ways to practice gratitude

1. Start a gratitude journal. Start your morning by writing down five things for which you are thankful.

2. Make an effort to give gifts or donate money to charity sometimes.

3. Acknowledge yourself for what you have accomplished, no matter how big or small.
Be mindful
Benefits: Being mindful

Recent research has shown that mindfulness may help to:

- Decrease perceived stress levels
- Improve sleep quality and reduce sleep disturbances
- Reduce the symptoms of anxiety and depression such as worries and irritability

Mindfulness means bringing our full awareness to what’s happening right here and right now, with an attitude of openness and curiosity.
Take action!
Tips to be more mindful

1. Use all five senses to connect with your environment so that you can be fully alive in every moment.

2. Turn on your body’s natural relaxation response by transferring your mind’s attention to your breath instead of stressful thoughts and feelings.

3. Try mindfulness meditation to help you wind down at night.
Prioritize self-care
Benefits: Self care and mental wellness

Self-care can be defined as any actions you take to prevent illness and to keep yourself healthy physically, mentally, and emotionally.

• **Strength and safety**
  - Maintains physical and mental strength to handle stressors each day

• **A healthy perspective**
  - Daily reminder to keep yourself a priority and maintain balance

• **Optimal decision-making**
  - Allows for better choices physically, emotionally and financially

Small *daily acts* of self-care can make a significant impact on your *entire life*
Take action!

Tips for self-care

1. Physical action:
   - Sit less, move more
   - Fuel your body with foods that give you more energy

2. Mental action:
   - Meditate to relieve stress
   - Aim for 7-9 hours of sleep each night

3. Preventative action:
   - Annual physical
   - Biometric screenings
   - Depression screenings
   - Recommended immunizations
In summary

Engage in healthy mind practices and keep your physical self healthy too!

Reframe your thoughts
Practice gratitude
Be mindful
Prioritize self-care
Visit MyActiveHealth today!

Sync your devices or apps, access trackers, videos, webinars, action items and more!
Thank you!