



# Connecting Mind and Body for Healthy Living



## Overview/Description:

Your body responds to the way you think, feel and act. This is often called the “mind/body connection.” When you are stressed, anxious or upset, your body tries to tell you that something isn’t right. For example, high blood pressure might develop after a particularly stressful event, such as the death of a loved one. People with good emotional health are aware of their thoughts, feelings and behaviors. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships.

Poor emotional health can weaken your body’s immune system, making you more likely to get colds and other infections during emotionally difficult times. Also, when you are feeling stressed, anxious or upset, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods or taking medicine that your doctor prescribes. Abuse of alcohol, tobacco or other drugs may also be a sign of poor emotional health.

## Workshop Objectives:

**By the end of this workshop, you will:**

### **Identify the relationship between mind and body**

- Describe how the body influences emotional and mental functioning
- Describe how our emotions, beliefs and self talk impact our body
- Identify symptoms of a possible mind/body disconnection

### **Identify ways to enhance the mind/body connection**

- Describe methods for achieving balance in life
- Identify ways to express feelings appropriately
- Describe the importance of taking care of your health
- Describe ways to enhance awareness

### **Identify your personal action plan for mind/body connection**

- Recognize the importance of consulting with your physician
- Describe which mind/body tools need to develop



### **TARGET AUDIENCE:**

ANYONE CONCERNED WITH MENTAL AND PHYSICAL WELL-BEING



### **EXPECTED DURATION:**

45-60 MINUTES