

Your Body Hears Everything



... a fun, friendly competition promoting physical activity and personal wellness

Follow Your Heart But Take Your Brain With You! Alfred Alder

Health Update Week 3

It is amazing how many parallels there are between the health of our **physical heart**... and our **mental health**. The heart and mind work together. In fact, research has found a link between heart disease - the leading killer of Americans and chronic stress. The Occupational Safety and Health Administration has even declared stress a hazard of the workplace. Clearly, too much stress can be linked to a host of other health concerns too.

Can managing stress reduce or prevent heart disease?

More research is needed to determine how stress contributes to heart disease but what is known is that chronic stress affects behaviors and factors that increase heart disease risk. Unconscious **thoughts and habits** can undermine all aspects of health, zap your energy, wreak havoc on your sleep, and make you feel cranky, forgetful, and out of control. A stressful situation can set off a chain of events that can be VERY detrimental to your overall health.

The good news is that being mindful can make a significant impact on your overall health.

Studies have shown the beneficial effects of practicing mindfulness include measurable benefits both physically and mentally.

Being mindful can help you become more aware of your emotions. Before emotions escalate and control you, take a moment and recognize what is happening and **take steps** to remedy it.

Mindfulness can help you look at your thoughts and emotions with more objectivity. Instead of letting minor events trigger negative thinking, mindfulness lets you take a step back to recognize what you are feeling and how this may be influencing your thoughts.

In other words, practicing mindfulness helps one to **react wisely, not blindly**. And practicing mindfulness helps you develop a good habit that won't undermine your good health.

So, in addition to eating a healthy diet and exercising, maintain a positive attitude, and deal with stress mindfully. Your heart will thank you!

Your body hears everything your mind says... stay positive!



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