

CAREGIVER SUPPORT CORNER

PHYSICAL & MENTAL HEALTH

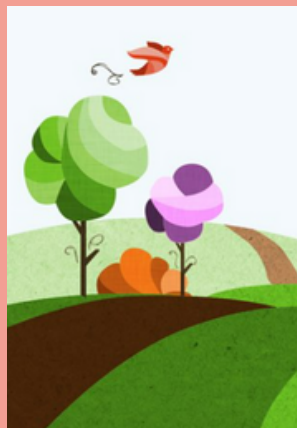
WHAT IS MENTAL HEALTH?

- THE CAPACITY TO EXPERIENCE, REGULATE, AND EXPRESS EMOTIONS, FORM CLOSE AND SECURE RELATIONSHIPS, AND EXPLORE THE ENVIRONMENT AND LEARN.
- A STATE OF MENTAL WELL-BEING THAT ENABLES PEOPLE TO COPE WITH THE STRESSES OF LIFE, REALIZE THEIR ABILITIES, LEARN AND WORK WELL, AND CONTRIBUTE TO THEIR COMMUNITY.
- NOT A MENTAL ILLNESS/DISORDER
- MORE THAN THE ABSENCE OF A MENTAL ILLNESS/DISORDER.



WHAT IS PHYSICAL HEALTH?

- THE CAPACITY TO LISTEN TO AND TAKE CARE OF YOUR BODY FOR OPTIMAL HEALTH FUNCTIONING
- PHYSICAL ACTIVITY, ENOUGH SLEEP, EATING NUTRITIOUS FOODS, AND STAYING HYDRATED



MENTAL AND PHYSICAL HEALTH CONNECTION

- Mental and Physical health are fundamentally linked.
- social determinants of health impact both chronic physical conditions and mental health.
- About 1 in 3 people with a long-term physical health problem also has a mental health problem

THE CONNECTION IN ACTION

MENTAL

- Breathing/relaxation
- Reduce Fight/Flight/Freeze
- Sleep deprivation increases reactivity to stress/anxiety
- Key nutrients play a role in regulating mental health

PHYSICAL

- Yoga
- Running
- Sleep
- Nutrition

Future newsletters to focus on each of these topics listed above.