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Poor emotional health can weaken your body's immune system. This makes 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.

~~Mind/Body Connection: How Emotions Affect Health~~

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Stress directly affects the heart. Stress hormones, especially cortisol, increase the levels of blood sugar, cholesterol, and a special kind of fat that increases the risk of heart disease. Also, preexisting heart conditions are especially exacerbated by stress, which could lead to high blood pressure and, in some cases, heart attacks.

~~10 Harmful Effects of Stress on the Mind and Body~~

Perceived Effects on Health Professionals of a Mind-Body Medicine Program: Exploratory Study with Physicians May 2014 The Journal of Alternative and Complementary Medicine 20(5):A99

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They can't control when their body has an attack. They always

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constrict, and they need their medication to help them. And it's the same for me personally with my mental health disorder. My brain does things that I can't control, and that's what the medication helps with me.

~~The physical effects of anxiety | Mind, the mental health ...~~

Different perspectives on mental health and mental illness. There are various approaches to mental health and mental illness around the world. Most health professionals in the UK agree on a similar set of clinical diagnoses and treatments for mental health problems. We have chosen to reflect this approach in our information, as these are the terms and treatment models that you are most likely ...

~~About mental health problems | Mind, the mental health ...~~

How you think can affect how you feel. And how you feel can affect your thinking. There is an extraordinarily intimate two-way communication going on between our body and mind that affects both our physical state and our mental and emotional health. An example of this mind-body connection is how your body responds to stress.

~~How your Mind Affects your Body — Terraskills~~

Health Anxiety and the Mind-Body Connection. Health anxiety can have

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an enormous impact on physical and emotional health. Interestingly, research into the overlap of the mind and body connection shows that the mind, through beliefs, emotions, and perceptions, can manifest as physical symptoms in the body.

~~Health Anxiety: The Interplay Between the Mind and Body~~

Self-consciousness will tighten your buttock muscles (so you are literally sitting on your tension), you will sweat more than usual, may feel slightly nauseous, and you'll probably fluff your words, just when you want to appear suave and confident. In other words, our emotions affect us physically.

~~How Your Mind Affects Your Body | HuffPost Life~~

Common mental health effects of trauma These are some common effects of trauma that you might recognise: Flashbacks – reliving aspects of a traumatic event or feeling as if it is happening now, which can happen whether or not you remember specific details of it. To find out more, see our information on flashbacks.

~~Effects of trauma | Mind, the mental health charity – help ...~~

By analogy with the health of the body, one can speak metaphorically of a state of health of the mind, or mental health. Merriam-Webster

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defines mental health as "a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life".

~~Mind — Wikipedia~~

Healing Body and Mind Ideas for mind-body wellness. Relaxing your mind and body can help ease stress. It can also relieve anxiety, depression, and sleep problems. Try one or more of the following techniques to help you relax: Deep breathing is one of the best ways to lower stress. When you breathe deeply, it sends a message to your brain to calm down and relax.

~~Mind Body Wellness | Michigan Medicine~~

World kindness day: good deeds have positive effects on both mind and body On November 13, let's remember that a simple act of kindness can have positive effects on both the recipient and the giver Updated 9 hours ago · Published on 12 Nov 2020 7:00AM ·

~~The Vibes | Health & Wellness | World kindness day: good ...~~

What you do with and put into your body can have a powerful impact on your mental wellbeing. Being physically active, getting enough sleep,

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and eating or drinking the right things are just as...

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