

Mind & Body Connection

The stomach has been labelled “the second brain” – it brings a whole new understanding of the term “butterflies in the stomach” to explain feeling nervous. How we look after our physical selves has a huge impact on how we feel – let’s look at some tips to best boost our mood.



HELPFUL TIPS:

- ▶ Exercise has many physical benefits, and releases our feel-good chemicals (endorphins). It improves mood by increasing serotonin, and balances sleep and appetite. A simple, healthy stress management technique.
- ▶ Excessive weight loss through extreme dieting makes people irritable and should be avoided. If you want to address your weight, go for a healthy balanced diet and exercise.
- ▶ No matter what your current level of fitness is, working towards a physical goal promotes mastery and self-esteem. Set a goal. Gradually increase the goal as you meet it.
- ▶ Decision-making and problem-solving ability improves after exercise. We know how walking ‘clears’ our mind. Jogging, walking, or training in groups creates a mental reset.
- ▶ Stay hydrated. We lose up to 2.5 litres of water daily by breathing, through perspiration, and as urine. Dehydration induces irritability, reduces concentration, and impairs mental functioning.
- ▶ There is a close link between the gut and the brain. Serotonin, one of the feel-good chemicals, is produced in the gut. A healthy diet creates gut health – a key for mood stability.
- ▶ Take time to be present in the moment. Make time to meditate or be mindful by being present while cooking, showering or going for a walk.
- ▶ When you are setting a new goal like reducing alcohol, learning to meditate, or getting regular exercise, remember that it takes 21 days to form a habit, so don’t give up!
- ▶ A good night’s sleep helps foster both mental and emotional resilience. The key to better sleep is to:
 - ▶ **Ensure you are ready for bed by paying attention to your natural body clock.**
 - ▶ **Minimise internal disruptions – calm your mind racing with relaxing activities like reading.**
 - ▶ **Avoid TV, iPads and phones in the bedroom for an hour before sleep. Aim to keep your bedroom for intimacy, rest and sleep, not entertainment.**

All through the year we bring people together to help build : **BETTER CONNECTIONS**

