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Poor emotional health can  
weaken your body's immune  
system. This makes you more*~~

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*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.*

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*relationship between the mind and body, this book discusses how attitudes and emotions directly affect physical health and well-being.*

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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*

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*disease. Also, preexisting heart conditions are especially exacerbated by stress, which could lead to high blood pressure and, in some cases, heart attacks.*

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

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*can't control, and that's what  
the medication helps with me.*

~~*The physical effects of anxiety |  
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mental health and mental*

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*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*

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*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 ...*

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~~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*

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*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.*

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*Health Anxiety and the Mind-  
Body Connection. Health  
anxiety can have an enormous  
impact on physical and*

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*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.*

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~~*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*~~

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*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.*

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*Common mental health effects  
of trauma These are some  
common effects of trauma that  
you might recognise:*

*Flashbacks - reliving aspects of*

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*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.*

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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*

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*ordinary demands of everyday  
life".*

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*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*

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*you breathe deeply, it sends a  
message to your brain to calm  
down and relax.*

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*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  
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*wellbeing. Being physically  
active, getting enough sleep,  
and eating or drinking the right  
things are just as...*

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weaken your body's immune  
system. This makes you more  
likely to get colds and other*

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*infections during emotionally  
difficult times. Also, when you  
are feeling stressed, anxious, or  
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findings regarding the  
relationship between the mind*

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*and body, this book discusses  
how attitudes and emotions  
directly affect physical health  
and well-being.*

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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*

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*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*~~

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*body has an attack. They always 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*

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Different perspectives on  
mental health and mental  
illness. There are various*~~

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*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*

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*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 |*~~

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*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*

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*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.*

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anxiety can have an enormous  
impact on physical and  
emotional health. Interestingly,*

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*research into the overlap of the  
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shows that the mind, through  
beliefs, emotions, and  
perceptions, can manifest as  
physical symptoms in the body.*

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*Self-consciousness will tighten  
your buttock muscles (so you  
are literally sitting on your  
tension), you will sweat more  
than usual, may feel slightly*

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*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*~~

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*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*

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*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.*

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*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 defines mental health as "a*

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*state of emotional and  
psychological well-being in  
which an individual is able to  
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emotional capabilities, function  
in society, and meet the  
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*life*".  
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*Relaxing your mind and body  
can help ease stress. It can also*

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*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*

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*message to your brain to calm  
down and relax.*

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simple act of kindness can have  
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*active, getting enough sleep,  
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