WELLNESS MINUTE PHYSICAL HEALTH

"HE GIVES POWER TO THE FAINT, AND TO HIM WHO HAS NO MIGHT HE INCREASES STRENGTH." (ISAIAH 40:29)

Did you know you can improve your mental health by caring well for your physical health? Eating nutritious foods that energize your body and brain can be a great way to begin your day, along with enjoying early morning sunlight and taking the time to exercise throughout the week. Our bodies and brains and incredibly interconnected, so taking a brisk walk can be a great time to process the challenges ahead. Stress and isolation can cause inflammation in our bodies, which can impact our immune response and our ability to manage any anxiety or depression that may be looming. Consider the benefits of reducing alcohol, caffeine, and refined sugar intake as ways to improve your mood by choosing to eat and enjoy healthier foods. Setting aside just 20 minutes of strength or cardio-based exercise per day can have a noticeable impact on your well-being. Lastly, consistent and restful sleep is also a foundation for good mental health. Getting at least 7 hours of sleep each night is essential for adults, and increased sleep for students is vital for repair and restoration (9-12 hours for students ages 6-12 years old, and 8-10 hours of sleep for students 13-18 years old). Would you like to talk to someone about your student's health? Please reach out to our health and wellness department for support.