

A woman in silhouette stands on a rocky outcrop, looking out over a vast, hazy landscape under a bright, low sun. The scene is bathed in the warm, golden light of sunset or sunrise, with the sun's glow creating a lens flare effect. The background shows rolling hills and a distant horizon.

PIVOTAL LIFE DECISION

HOW YOU TREAT YOUR BODY

Health issues can obstruct and overwhelm all parts of your life.

Even minor health concerns like aches, pains, fatigue, and indigestion can hurt your happiness and stress levels.

Treating your body right is one approach to enhance your capacity to manage stress and feel better.

Taking care of your body can help you to thrive and live a long and healthy life.



Why Should We Bother To Care For Our Bodies?

Poor health decisions can raise stress in your life and impair your capacity to cope.

Stress is a common cause of poor health. Health problems can make ordinary tasks more difficult, put a strain on your finances, and even jeopardize your ability to work.

There is a lot that can be done to prevent common illness and disease. You have a lot of control. The decision of how you treat your body is pivotal as your physical health is key to thriving in your day to day life.

6 WAYS TO TREAT YOUR BODY BETTER



Good Diet Habits

According to the [World Health Organization](#), "Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization, and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars, and salt/sodium, and many people do not eat enough fruit, vegetables, and other dietary fiber such as whole grains."



- What we eat has a significant impact on how effectively our mind and body work.
- Eating properly isn't about sticking to a rigid diet; it's about choosing nutritious food that provides our bodies with the correct quantity and fuel types to get us through the day.
- A well-balanced diet also allows us to indulge in our favorite foods on occasion and in moderation.



Healthy Eating Suggestions

- Keep drinking water - it will help you focus better, eliminate toxins from your body, and even cleanse your skin.
- Food rich in saturated fat, junk food and sweets should be avoided. It's also crucial to remember that sugar may lurk in foods that we consider to be "good for health."
- Eat small healthy meals often — if we go too long without eating, we are more likely to make poor dietary choices, especially overeating.
- Eat a plant rich diet.



Exercise

"Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass, says Astorino. It also helps ease some aspects of the aging process." - WebMD



- Exercise makes us feel more energized.
- Serotonin, a neurotransmitter released by exercise, boosts positive mood.
- Frequent daily exercise can enhance your body's synthesis of natural antioxidants, which safeguards cells from oxidative stress.
- Exercise can increase blood flow and postpone the onset of skin aging.
- Exercise helps with healthy weight management.



Exercise Tips

- Why not give a new sport a try? It's a fantastic opportunity to meet new people, and if you love it, it won't seem like work at all!
- Know your body's boundaries and don't push yourself too far; you may eventually spend less time exercising if you injure yourself.
- Get off the bus a few stops before your location
- Dance in your room
- Cycle or stroll to work or school
- Use stairs whenever possible

**The key to exercising is to enjoy yourself while doing so.
It's a lot easier if you're having fun!**



Regular Checkups

- As people grow more informed and concerned with their own health, preventive health care is becoming more popular.
- Get frequent checkups to stay on top of your health. Regular checkups ensure you are taking vital steps toward living a longer, healthier life.



Benefits Of Regular Checkups To Your Body:

- Reduce your chances of being ill.
- Early detection of potentially life-threatening medical disorders or illnesses.
- Increase the likelihood of early intervention.
- By keeping a careful eye on current problems, you can reduce the chance of complications.
- Increase your life expectancy and enhance your health.
- By avoiding expensive medical procedures, you can save money on healthcare over time.
- Form a strong relationship with your doctor so that therapy can be more effective.
- Keep up to date on any new medical knowledge or technology that becomes available.

Relaxation And Stress Reduction

"The relaxation response is a technique designed to elicit the opposite bodily reaction from the "fight or flight" response -- a state of deep relaxation in which our breathing, pulse rate, blood pressure, and metabolism are decreased. Training our bodies daily to achieve this state of relaxation can lead to enhanced mood, lower blood pressure, improved digestion, and reduced everyday stress. The relaxation response technique consists of the silent repetition of a word, sound, or phrase -- perhaps one that has special meaning to you -- while sitting quietly with a good posture and eyes closed for 10 to 20 minutes. Relaxation should be done in a quiet place free of distractions. Sitting is preferred to lying down to avoid falling asleep. Relax your muscles starting with the feet and progressing up to your face. Breathe through your nose in a free and natural way."

WebMD

RELAXATION AND STRESS REDUCTION TECHNIQUES



What works for one individual may not work for another, so try different methods to find what works best for you.

- **Make time for the activities you enjoy.**
- **Spend time completely free of electronics – at least 30 minutes daily**
- **Yoga**
- **Exercise – anything with a moderate activity level**
- **Tai Chi**
- **Meditation**
- **Take a brief nap, but don't oversleep, or you'll lose even more energy – 10 to 20 minutes should suffice.**
- **Watch a favorite film or television show. Serve it with some nutritious snacks.**



▪ **Consider supplements**

- Lemon balm
- Omega-3 fatty acids
- Ashwagandha
- Green tea
- Valerian
- Kava kava

▪ **Reduce caffeine intake**

▪ **Aromatherapy**

▪ **Spa Days And Massage**

▪ **Reduce triggers of stress**



- **Eat a healthy diet rich in plant food**
- **Set realistic goals and expectations**
- **Mental imagery relaxation**
- **Journaling**
- **Social Time**



- **Deep breathing**
- **Mindfulness meditation**
- **Progressive Muscle Relaxation**
- **Biofeedback Therapy**
- **Laughter and having fun**
- **Set boundaries and learn to say no**



- **Practice mindfulness**
- **Physical interactions - hugs**
- **Listen to soothing music**
- **Dancing**
- **Spend time cuddling with a pet**



Take Your Sleep Seriously

According to a study by the Harvard Medical School, *"It may seem obvious that sleep is beneficial. Even without fully grasping what sleep does for us, we know that going without sleep for too long makes us feel terrible and that getting a good night's sleep can make us feel ready to take on the world. Scientists have gone to great lengths to understand sleep's benefits fully. In studies of humans and other animals, they have discovered that sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions."*

Sleep deprivation may have a significant negative impact on your health and wellbeing.

- Make a promise to yourself to get adequate sleep each night.
- You may be less productive, less cognitively alert, and more susceptible to the impact of stress if you haven't received enough rest.
- We put our bodies through a lot during the day, getting a good night's sleep is critical for recharging and maintaining physical and mental strength.



HABITS THAT CAN HELP YOU TO SLEEP BETTER

- Try to get eight hours of sleep
- Avoid coffee after 4 P.M.
- Go to bed at the same time each night
- Get up at the same time each morning
- Teach your body to recognize the distinction between night and day by sleeping in the dark and waking up in the light
- Get some sunlight during the day instead of napping
- Find ways that help you unwind at bedtime
- Set up a sleep ritual and follow it daily
- Use Yoga sleep poses
- Take a hot bath before bed
- Take Melatonin, a natural sleep aid



DEVELOP GOOD RELATIONSHIPS

Maintain human connections for better health

- Deep, intimate interactions improve a person's health by lowering stress levels. It's all about having fun and feeling fulfilled. It's nice to have a close buddy or partner to share the happy moments with and support you during the ones that are not.
- Having someone keep you mindful of your need to exercise, eat well, and rest is beneficial because it keeps you focused on the larger picture, improved health, and lifespan.



LONGER LIFE!

According to WebMD, "Research has shown that people with strong social connections are much more likely to live longer than people who are loners. Holt-Lunstad, the lead author of one study, explained, "A lack of social relationships was equivalent to smoking up to 15 cigarettes a day."



**THE DECISION ON HOW YOU TREAT YOUR
BODY IS INDEED PIVOTAL AND EFFECTS
ALL ASPECTS OF YOUR LIFE AND SELF**