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Connecting the Dots Between Physical and Emotional Health

There's a link between your physical health and your emotional well-being, so take time to nurture both. To be completely healthy, you should take care not only of your physical health, but your emotional health. If one is neglected, the other will suffer. There's a physical connection between what the mind is thinking and those parts of the brain that control bodily functions. According to Charles Goodstein, MD, a clinical professor of psychiatry at New York University's Langone School of Medicine, the brain is intimately connected to our endocrine system, which secretes hormones that can have a powerful influence on your emotional health.

How Should You Care for Your Emotional and Physical Well-Being?

It's hard to do, but slowing down and simplifying routines can go a long way to strengthening our physical and emotional health.



- **Eat right.** A healthy, regular diet is good for the body and mind.
- **Go to bed on time.** Losing sleep is hard on our heart, may increase weight, and definitely cranks up the crankiness meter.
- **If you fall down, get back up.** Resilience in the face of adversity is a gift that will keep on giving both mentally and physically.
- **Go out and play.** Strike a balance between work and play. Yes, work is a good thing: It pays the bills. However, taking time out for relaxation and socializing is good for our emotional health *and* our physical health.
- **Exercise.** A study published in October 2017 in Reviews in the Neurosciences shows that exercise improves our mood and has comprehensive benefits for our physical health.
- **See the right doctor, regularly.** Going to the right doctor can make all the difference in our overall health, especially if you have a complicated condition that requires a specialist. But if our emotions are suffering, be open to seeing a mental health professional, too, such as an EAP counselor.

Total health depends on a healthy mind and body. Take time to nurture both.

Modified from: <https://www.everydayhealth.com/emotional-health/connecting-dots.aspx>

HOW TO USE YOUR EAP:

ERC is your company's Employee Assistance Program (EAP).

For additional information, visit our website www.ERCincorp.com or simply call 1-800-222-8590