

## Take care of your Mind & Body Worksheet

You have to take care of two things, your mind and your body.



### Healthy Body:

To have a healthy body, you have to take care of the following things:

#### Maintain Hygiene

Hygiene is about being clean, maintaining, and taking care of yourself. It involves several habits that improve your health and keep you from falling sick, like brushing your teeth, taking baths, and taking care of your body.

#### Balanced diet:

As it is said, you are what you eat, so eat healthy so that you don't have to diet or end up restraining yourself from some food items. Eat a well balanced and healthy diet.

#### Exercise:

Exercise is a great way to deal with emotional stress; it releases endorphins that make your mood better. Practice makes you physically as well as mentally fit. It affects your mind and body.

#### Healthy Habits:

It is essential to have a healthy and well balanced relaxed state of mind, take a bath, go to a salon, take care of your hair, nail, and feet will help you develop a good sense of self, like brushing your teeth, taking a bath, combing your hair.



## **To have a healthy mind, you need to do the following activities:**

Relaxing your mind and body is just like pushing a restart button. We often forget to give ourselves a break and give a fresh new start.

Here we have discussed two Deep breathing techniques: just 20 minutes of exercise to make your body and mind relaxed.

### **Exercise:**

Exercise is a great way to deal with emotional stress; it releases endorphins that make your mood better. Exercise makes you physically as well as mentally fit. It affects your mind and body.

### **Deep Breathing:**

- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
- Hold for two seconds, then inhale out gradually through your mouth for five seconds. Repeat for 10 to 15 cycles.
- Stop as quickly as you feel uncomfortable.

### **Walking:**

Walking will relieve stress and anxiety. It also has some direct stress-busting benefits. It pumps up your endorphins. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins.

### **Jogging:**

Jogging is a form of trotting or running at a slow or leisurely pace. The main intention is to increase physical fitness with less stress on the body than from faster running but more than walking or maintaining a steady speed for more extended periods.