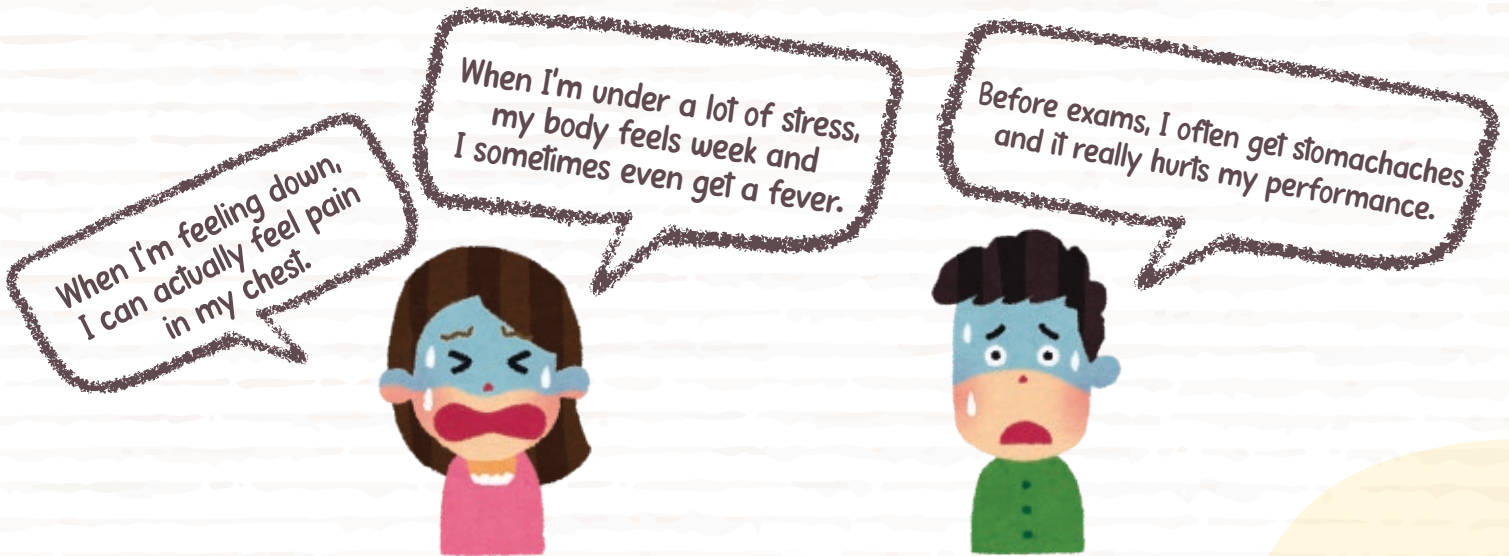




Good Mood Good Health



In our daily work, it's common to hear students share how stress affects their physical well-being:



These experiences highlight the impact that emotions and stress can have on our physical health. Understanding these connections between our emotions and physical health is an important step in finding effective strategies to manage and support overall well-being.

How Emotions Affect Health

Research indicates that when we are under stress or experiencing emotional ups and downs, the emotional distress aroused can affect our central nervous system and endocrine system, impacting immune function.

If we stay in distressing emotions for a long time, our immune system gradually weakens, making us more susceptible to various diseases, such as gastrointestinal problems, high blood pressure, heart disease and cancer.

The interaction between emotional issues and physical health often creates a vicious cycle: illness affects emotions, and distressing emotions make us easier to get sick.



The Importance of Managing Emotions and Stress

In a life full of stress and challenges, it is essential to learn to manage our emotions and reduce stress.

Maintaining a positive emotional well being is crucial for preventing diseases.

Here are some effective ways to help you manage stress and emotions better and maintain physical health:

1. Self-Awareness



Understanding your stress levels and physical reactions is the first step. Treat physical discomfort as a warning sign. For example, if you feel your heart racing, hand shaking or experience difficulty breathing, pause your work immediately and take deep breaths. This helps you reduce excessive stress and take timely action to prevent overload mentally and physically.

2. Keep an Emotion Journal

Record your daily emotional changes and triggering events.

This helps you identify the roots of your emotions.

Writing in a journal can clarify your emotional patterns and help you find ways to adjust.



3. Exercise

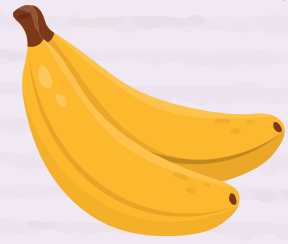


Regular exercise releases dopamine, which helps improve mood and reduce stress. Whether it's walking, running, or swimming, exercise is an effective way to relieve emotions and manage stress.

4. Relaxation Techniques

Learn relaxation techniques such as mindfulness, meditation, or yoga. These practices can help reduce anxiety and stress while improving emotional stability.





5. Healthy Diet



Maintain a balanced diet and ensure sufficient intake of vitamins and minerals, like vitamin B&D, calcium, which are crucial for emotional regulation.

Foods like bananas, nuts, dark chocolate or salmon can help alleviate emotional distress. Avoid excessive caffeine and sugar, as they can increase feelings of anxiety.

6. Adequate Sleep

Ensure you get enough sleep.

Lack of sleep can affect your mood and mental health, leading to more stress and anxiety.



7. Social Support

Maintain good communication with friends and family to share your feelings and concerns. Close relationships can provide emotional support and help you cope with stress better.



8. Seek Professional Help



If emotional problems continue to affect your life or health, consider seeking help from a professional.

During the counselling and treatment process, you can receive support to help you overcome difficulties.

The connection between emotions and health is inseparable.

Learning to manage your emotions properly can boost your immune system and improve your quality of life.

Remember, no matter how busy you are, take good care of yourself!