

Month 3 – Mental Health

“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.” – 1 Corinthians 6:19

Mental illness is a health problem that changes a person’s behavior, emotions and ability to think to a degree that affects functioning in a social, work and family environment. Just like heart disease, diabetes and other chronic health issues, it is important to recognize and obtain treatment for this. Similarly, lifestyle through nutrition and physical activity can help on the path towards achieving mental health. Walking alone has shown to improve stress levels, decrease depression and anxiety, and generally improve a state of wellbeing. Many of these benefits have been shown in conjunction with walking groups as it assists with building meaningful relationships, social support and a sense of teamwork.

Action Tip:

- **For every 30 minutes of sitting, walk around for about 5 minutes. Similarly, get up every time some commercial starts, when finishing a chapter in a book, or when completing a task at work.**

Healthy Eating

Our eating habits can have a big impact on our emotional well-being, and vice versa. Emotions, such as stress or sadness, can trigger mindless eating and often leads to less healthy choices. Mindful eating is one way of becoming more aware of your foods, and using all of your senses to enjoy foods without judgement. Slowing down and eating mindfully also helps you recognize when you are satisfied. For more resources on mindful eating, visit www.thecenterformindfuleating.org.

Mindful Eating Challenge:

At your next meal, put your fork or spoon down between each bite. Chew slowly, notice and enjoy all the flavors of your food.