

Balancing Mind & Body

The importance of balancing mind & body to relieve stress symptoms and avoid diseases.



Image <https://pixabay.com/en/buddha-buddhist-female-meditate-160424/>

“It’s not stress that kills us, it is our reaction to it.” Hans Selye

Tag: Culture/Worldview - Personal Growth

Challenge:

How to use stress in your favour and avoid diseases, in spite of the challenges of modern life.

Solution:

Understanding what stress is and having a daily practice that balances your mind and body system.

Stress is a response of our fight or flight system. This mechanism is very efficient when we face an emergency such as a dangerous predator; our sympathetic nervous system is activated, making all of our body alert by releasing adrenaline into our blood. However, if we go through a prolonged period of stress, the hormone released is cortisol, which in the long run becomes a poisonous to our health.

Some of the most important factors in a balanced routine include:

- Breathing – if you can only do one thing, learn to breathe deeply.
- Relaxation – meditation, yoga, walking in nature.
- Sleep – having enough sleep regularly
- Exercise – exercising releases good hormones, such as serotonin and dopamine which counteract the negative effects of cortisol
- Balanced diet – a balanced diet promotes health and prevents diseases
- Hugs – hugs of at least 20 seconds’ duration increase the production of oxytocin (assuming you like hugs!)
- Whatever works for your well-being. Find your own practice!

References:

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