



BlueCross BlueShield of Illinois



BlueResourceSM – Emotional Wellbeing – Nurturing Mind & Body

Your Mind and Body Are in Perfect Sync

Your mind and body are an amazing duo. The way you think can affect the way you feel, and the way you feel can affect the way you think. Naturally, it makes sense to keep the two in harmony as much as possible. Here are ways to nurture the link.

Be positive and hopeful. Have an optimistic outlook on life. When you do, your brain releases feel-good chemicals that help you cope with pain and stress.

Wrangle your worries. Try not to stress over work, money and other problems. When you do, it can trigger pain, headaches, muscle tension and stomach issues.

Unwind and decompress. Make time to relax your mind. When you do, your body stops releasing hormones that raise your blood pressure and put your body on high alert.

Build stronger resilience. Find ways to handle difficult situations. When you do, your body learns to cope without a constant flood of stress-inducing chemicals.

Stay on top of sickness. Take care of health issues right away. When you do, your body can help your brain fend off the stress, anxiety and depression.



Strengthen your mind-body connection.

Source: *Mind-Body Wellness*. Michigan Medicine University of Michigan. 2019.

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