

# Mind-Body Connection

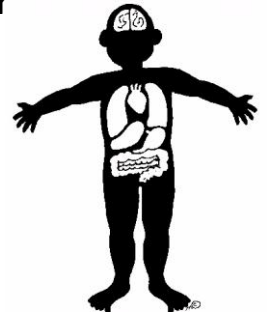
## What Is It?



- **Mind-Body Connection**- One Function of the Brain is to Produce Substances that Improve Your Health
  - **Endorphins**- Natural Painkillers that your Brain can Create (Gamma Globulin that Fortify Your Immune System), and Interferon (For Combating Infections Viruses, and Cancer)
- **Positive Attitude**- Your Body will Produce Substances that will boost Your Body's Immune System, Boost Your Body's Healing Powers
  - **Optimism**- is a Resource for Healing, More likely to Overcome Pain, even in Surgery Heal Quicker with Fewer Complications
- **Negative Attitude**- can Lead to Depression, other Mental Health Problems
- **Health and Healing**- Positive Thoughts, Emotions, and Actions, Staying Fit, Eating Right, Managing Stress, Happier People Tend to be Healthier

## Facts:

- **Decrease Blood Pressure**- by Stroking a Dog, Cat or Animal



## What Can I Do?



- **Visualize**- Health and Healing, Add Mental Pictures that are Positive, Send Strong and Positive Statements
- **Positive Emotions**- Laughing, Love, Friendship help us to Stay Healthy
  - **Laughter**- makes Life Healthier and Richer, Increases Creativity, Speeds Healing, Reduces Pain, Watch Funny Videos, Cartoons, Photographs, Jokes, Friendships are Vital to Good Health, Volunteer to Help Others
- **Highly Therapeutic**- Plant a Plant or Pet a Dog, Cat or Animal that help us feel needed, Touching and Hugging is Healing, Meditation can Help with Stress and may help Reduce Anxiety and Stress
- **Faith, Spiritual Belief, Prayer**- plays an important role in Healing and Recovery
- **Do Not Feel Guilty**- No Value, May Increase Your Heart Rate, Blood Pressure, Breathe more Rapidly, Digestion Slows Down, Pupils Dilate, Feel a Rush of Strength, Digestion Slows Down