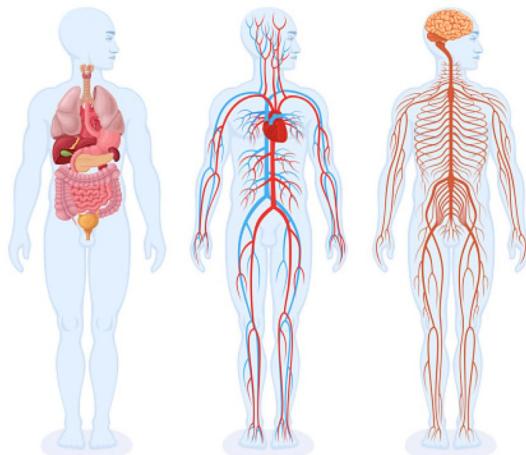
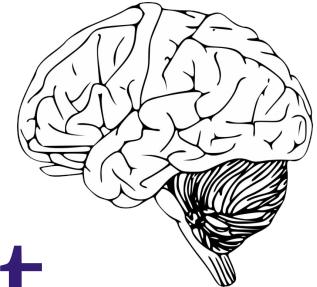


# How Physical and Mental Health Affect Each Other

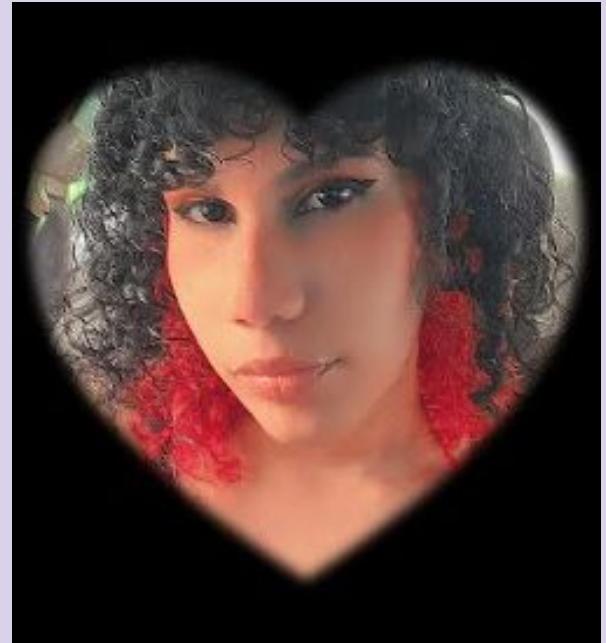


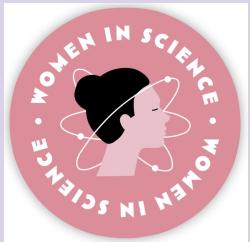
Genesis A. Cartagena  
Kristie Y. Gomez Torres  
Alexander Rodriguez-Vale  
INGL-3201 Sect. L91  
Profesor Ariana Morgan Gilliam



# Genesis Alondra Cartagena

- Major in English Education
- My second year!
- Aguadilla
- Being a English teacher in Europe or Asia.
- I can draw and I Am also bilingual
- Drawing and Gaming





# *Kristie Y. Gomez Torres*

- Major in Natural Sciences, with a focus in Biomed.
- I'm on my third year.
- I hope to become a Dermatologist in Puerto Rico.
- I am both mexican and puertorrican.
- I love learning about almost everything and I also enjoy doing art.



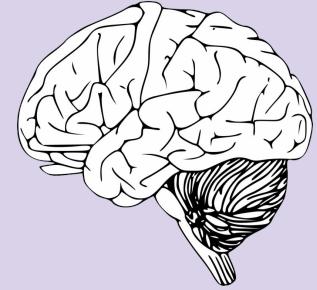
# Alexander Rodriguez Vale



- Major in Psychology
- This is my third year in college
- I live in Aguadilla
- I'm president of the student organization in the department of social sciences Praxis
- My aspiration is to be a Clinical Psychologist
- I admire nature and everything that comes with it



# Objectives



- Mental and Physical health correlate with each other.
- Most people don't know that these affect each other.
- Why did we choose this topic?
- We want to inform and help people!
- Mental health is so important, and so is physical health!
- We are going to show how it can affect our everyday life.

# Introduction

Have you ever felt sick both mentally and physically?

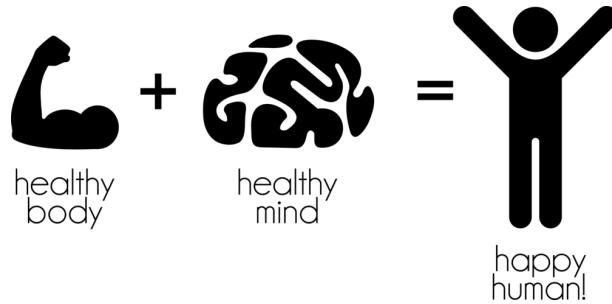


Or have difficulty to get out of bed?



Did you know that how we treat our body affects our mental health?

# Physical and Mental Health Mutually Affect Each Other



**If you are tired mentally you will be tired physically.**

The body is a temple that helps you with every day activity.

**Both help each other mutually.**

Good health includes: mind, body, and social well being.

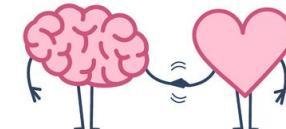
**The body is a temple, it helps us do every day activities**

If the individual is not doing well mentally, they will lack motivation.

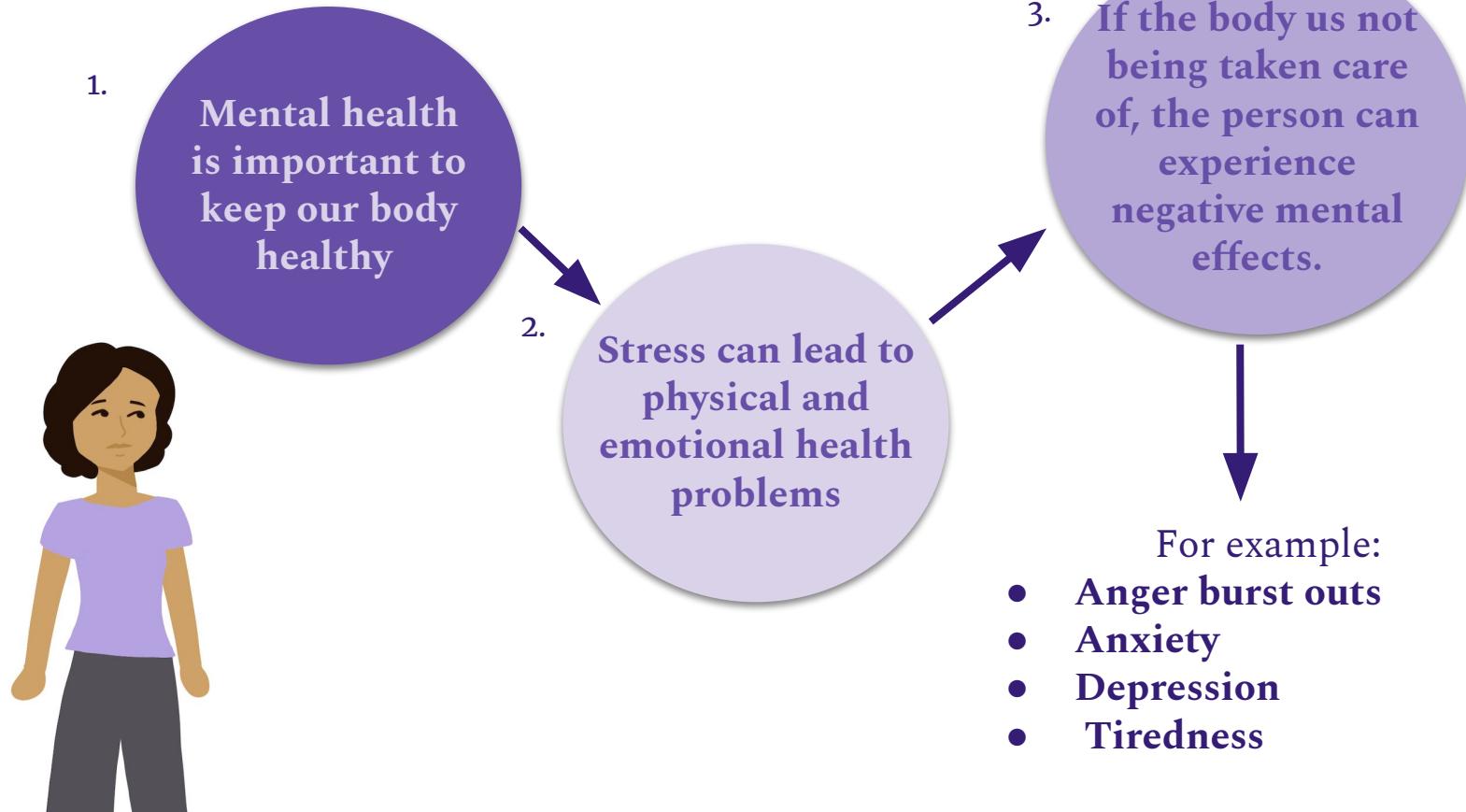
# Did You Know that Physical Health Boost Mental Health?

According the American Heart Association,  
2022:

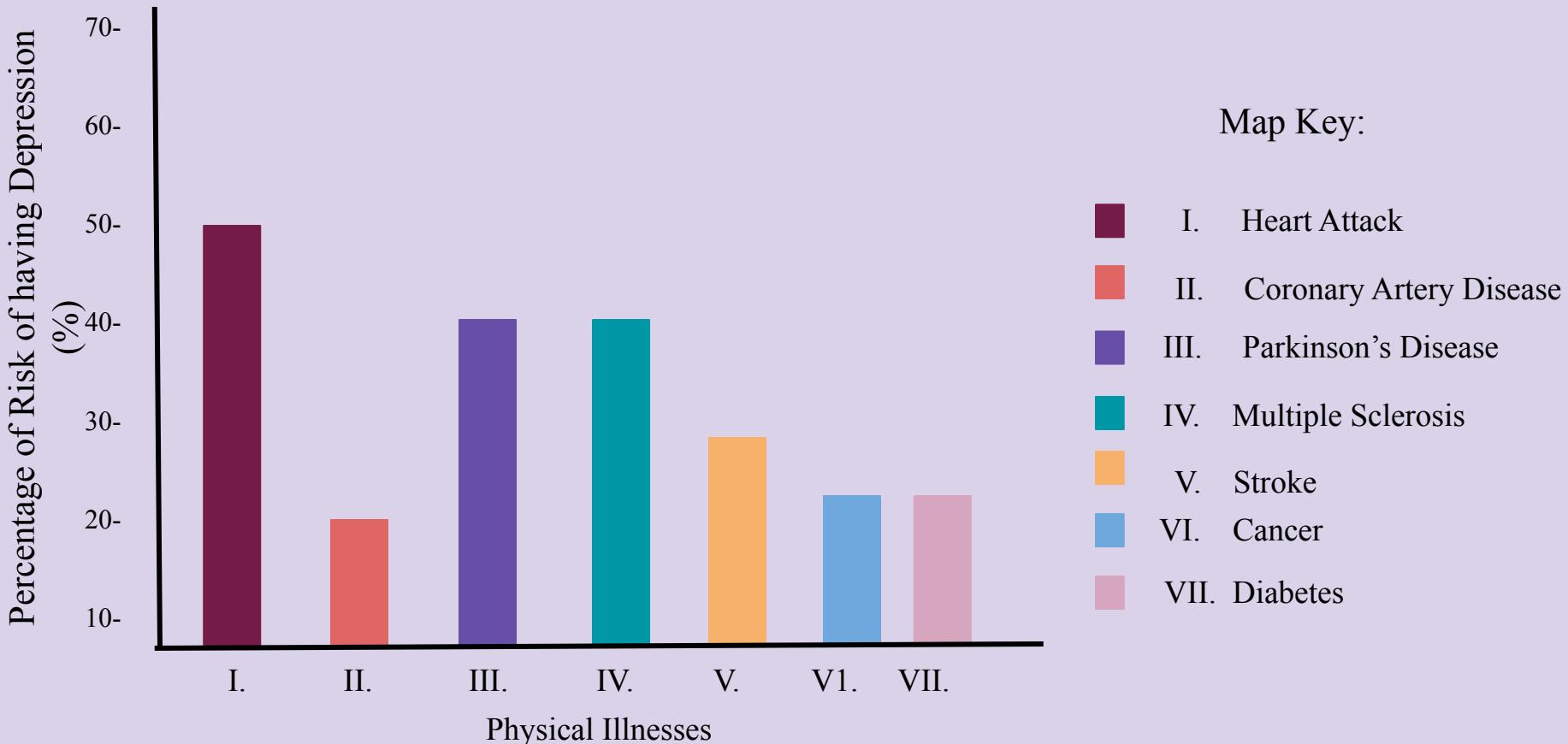
- Physical health **helps** mental wellness!
- It can help **relieve**:
  1. Stress
  2. Anxiety
  3. Tension



# Physical and Mental Health Mutually Affect Each Other Part 2



# Illnesses can also Affect Mental Health...





# Healthy Coping Mechanisms

Coping Mechanisms	Applied	Not applied
Wholesome Diet	<b>The individual will receive the essential vitamins and minerals.</b>	The lack of vitamins and minerals can cause serious effects on our body and mind.
Hydration	<b>Our body is made up of 70% of water. Our whole systems depends on it.</b>	Most likely the individual will experience nausea, headaches, and fatigue causing mood swings
Exercise	<b>It is a good way to distress and direct negating feelings towards something positive.</b>	The lack of movement can lead to a series of detrimental effect.

# Healthy Coping Mechanisms Part 2

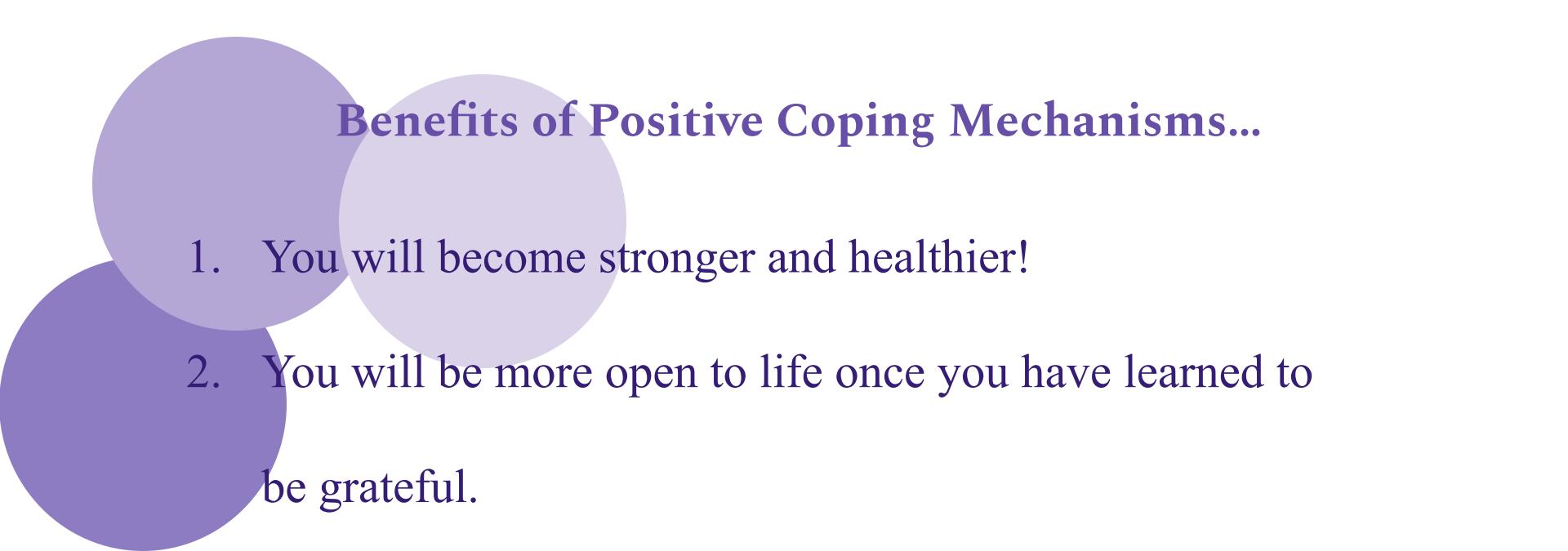
1. Talk to a therapist or someone who is trusted.



2. Practice Gratefulness, and self care, and self acceptance

3. Meditate, and practice Yoga.





## Benefits of Positive Coping Mechanisms...

1. You will become stronger and healthier!
2. You will be more open to life once you have learned to be grateful.
3. Talking to someone who is trustworthy or a professional will often come with solutions.

# Conclusion: What did we learn today?

- We've seen a major link between mental health and physical health and is not to be taken lightly.
- There has to be a perfect balance both physically and mentally, otherwise if your health falls in one way, the other is not far behind.
- There are all sorts of diseases and risk as a direct result to a degenerations of one or both of our healths that can have an unprecedented impact in your life.

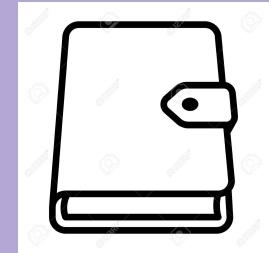
# Conclusion: What did we learn today? Part 2

- You may be asking yourself “How do I prevent this”?
- In continuation: I'll be listing various ways to do exactly that, prevent it from ever happening to you.

# Continuation:

## Advices:

1. Establish a healthy diet
2. Make an exercise (of your preference) routine
3. Self care and gratefulness
4. Talk to people you trust if you feel down or just need help
5. If overwhelmed, write everything down on a piece of paper



# CALL TO ACTION!!

- If you were to start this adventure of self improvement, don't wait until “**New year, new me**”. The longer you wait the worse it can get. Start as soon as you can, in fact start right now. Drink more water, stop eating fast food and workout more you will feel the difference.



CALL TO ACTION



*Thank you!*

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