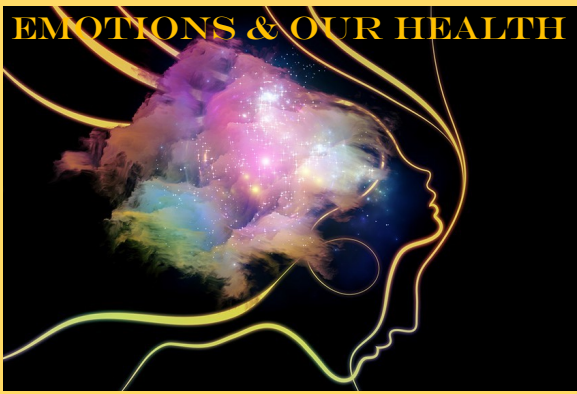


EMOTIONS & OUR HEALTH



Now more than ever, it is imperative that we take care of our health.

Because we are holistic beings, our physical, mental, emotional, social and spiritual health are all equally important.

The spotlight for this month, however, is on emotional stress.

Depression, hostility, anger, anxiety, worry,

and stress all have an effect on our health. COVID-19 has plagued the world and while many people have been infected, we all have been affected by it in some way.

Emotional stress can produce hormones that affect your body in negative ways that increase the risk for depression and decrease our immune system making us more vulnerable to illness, disease, and yes, COVID-19! It's important that we be aware of our triggers. Learning to identify our stress triggers helps us to put a plan of action in place to combat the effects that negative emotions may bring. Think, "Am I able to change the stressor?" If you are unable to change the stressor, you can change how you react to it!

Further Coach Jean tips include prayer, meditation, doing something you enjoy (e.g., read, watch a movie, etc.), practice deep breathing, and exercise. Exercise is great for emotional health because it helps us to relax and sleep better. Here's another tip: turn off the news! Watching bad news during every waking hour isn't good for emotional and mental health!

We are human and God gave us emotions. Remember, we don't have to allow our emotions to rule us. We have the power of Christ in us to change those things that we can and the ability to change our reaction to the things we cannot change.

*Submitted by Coach (Minister) Jean Turner, RN
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*For additional health and wellness tips, visit Coach Jean online at
www.spiritofawarrior.life*

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