



CHAPTER

14

## *Body, Mind and Soul*

It is now becoming common in to use the terms “*body-mind-soul*” or “*body-mind-spirit*” while referring to our totality as a human being, in various spheres like psychology, religion, holistic medicine etc. We have three aspects of our humanness, a body, a mind and an immortal identity—soul or spirit. Mind, Body, Spirit means that our well-being is defined not only by our physical health, but also from mental health and spiritual health. The mind forms a link between the soul and the body and the two interact with each other. Today, we accept that there is a powerful mind-body connection through which emotional, mental, social, spiritual, and behavioural factors can directly affect our health.

### **SIMPLE TIPS TO BALANCE YOUR MIND, BODY AND SOUL**

When we think about health, typically the first things that come to mind are diet and exercise. However, good health isn't *just* about the physical body. Our mind and body are interconnected and affect each other tremendously. For

example, a stressful situation causing negative thoughts can lead to physical pain or illness. It is important to maintain a healthy balance between your mind, body, and soul by nurturing your whole self, including your physical, mental, emotional, and spiritual needs. There are many things you can do in your daily life to achieve overall wellness. The following are simple ways to begin developing a mind-body-soul balance.

**1. Exercise :** Find an exercise you enjoy and start doing it regularly. Exercise is important for heart health, physical stamina, and mood. **Get at least 15 minutes of moderate to fast-paced exercise each day.** Walk or ride your bike to cover distances. Yoga is amazing for your overall health. It helps you build strength, coordination, and flexibility while calming your mind. It also develops the mind-body-soul connection.

**2. Meditate regularly :** Meditation improves memory, attention, mood, immune system function, sleep, and creativity. All it takes is a few minutes a day to start reaping the benefits. Set some time aside each day to rest your mind.

**3. Be grateful :** Take some time each day to think about the things you're grateful for, like family, friends, pets, food, shelter, health, or the beauty of nature. Think about the people, things and situations that have been good, appreciate them and be grateful. Gratitude brings peace and harmony to the mind, makes us relaxed and frees us from worry.

**4. Get plenty of sleep :** Sleep is regenerative for your body. The more sound sleep you get the better you will perform the next day.

**5. Avoid sitting for extended periods of time :** Try to stand or move around while you work, if possible. Too much sitting is linked to heart disease, diabetes, and a shortened lifespan.

**6. Breathe deeply :** Whenever you can just stop and take a deep breath. Over time this will become a healthy habit.

**7. Ground yourself :** Keep your bare feet on the earth, as often as possible.

**8. Eat organic :** Chemicals are killing pests on the crops. They are not good for you either.

**9. Smile more :** It feels great.

**10. Spend more time with loved ones :** In our busy lives we need to make time for the people who matter to us most.

**11. Find a career path that is meaningful to you :** Chase your dreams, not riches. Read and learn often. Your education shouldn't stop once you're out of school. Open your mind to new possibilities, beliefs, and interests by reading, taking online classes, watching documentaries, and attending workshops.

**12. Live your passion :** Do more of what you love. Set aside some time each day to do what makes your soul happy. Many of us work so much that we forget how great it feels to paint, dance, make music, write, garden, or swim.

**13. Get outdoors more :** Go for a hiking, boating, picnics, outdoor sports and enjoy nature much more.

**14. Eat plenty of greens :** Dark leafy greens are rich in vitamins, minerals and chlorophyll. They help alkalize the body. Add more plant-based foods to your diet. Eating lots of vegetables and fruit can help prevent chronic disease.

Slowly start incorporating these ideas into your daily routine and see how they help in balance of body- mind- soul and have positive impact on your overall health.

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