

## The Mind–Body Connection

Our **mind and body are connected**. What we think and feel can affect how our body reacts. At the same time, what happens in our body can also affect our thoughts and feelings.

- **Stressful thoughts** can cause headaches, muscle tension, or stomach problems.
- **Worry** can make the heart beat faster and cause sweating.
- **Sadness** can drain energy and make the body feel heavy.
- **Positive thoughts** or relaxation can calm the heart, relax muscles, and boost energy.

Understanding this connection helps us learn ways to **calm the body** (like deep breathing, stretching, exercise, rest) which can also calm the mind.

### Examples of the Mind–Body Connection

- Thought: *“I’m going to fail.”* → Body: Racing heart, shaky hands
- Thought: *“I can handle this.”* → Body: Steady breathing, more relaxed
- Feeling: *Anger* → Body: Hot face, tense muscles
- Feeling: *Calm* → Body: Slower heartbeat, loose muscles

### Practice: My Own Mind–Body Connection

1. **Think of a time you felt stressed or worried.**
  - What were your thoughts?  
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  - What did you feel in your body?  
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2. **Think of a time you felt calm or happy.**
  - What were your thoughts?  
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  - What did you feel in your body?  
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3. **Reflection**
  - What do I notice about how my body reacts to my mind?  
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  - What could I do with my body to help my mind feel better?  
(Examples: deep breathing, stretching, going for a walk)  
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