Your Emotional and Physical Health

Your physical health and your emotional health are connected. The mind and body can affect one another.

To be healthy, it is important to take care of both. Unhappy or stressful thoughts can play a part in poor physical health.

You may already know how to take care of your physical health by eating healthy foods or exercising. People can also take care of their emotional health.

Mental health issues, like depression, affect many people. These issues increase the risk for illnesses including:

- Heart disease
- Cancer
- Diabetes

People who have emotional health issues often have physical symptoms. These symptoms make daily life harder and make it harder to stay healthy. These symptoms include:

- Constipation
- Changes in appetite
- Sleep problems

Treating emotional health issues can improve your physical health and your overall health.

Taking care of your emotional health can give you the power to deal with problems in a healthy way. It can make you feel better about yourself.