

Living a Healthy Lifestyle

Are you living a healthy lifestyle?

Do you exercise regularly? Do you have a healthy diet? Do you drink at least 8 glasses of water a day? Do you get enough sleep?

Maintaining good physical health often helps your mental health as well. Taking care of your body will help to sustain a healthy lifestyle.

Exercise

Exercise can reduce anxiety and depression as well as improve mood, self-esteem and help with cognitive functioning. Exercise is another way to fight off any side effects that are possible with medication. Even if you are not an athlete, exercise can be helpful without the stress of competition.

According to a study conducted by the National Institute of Health (NIH), all it takes is 30 minutes a few times a week in order to see and feel the benefits of exercise. Even if you do not enjoy some forms of exercise, there may be others that will get you active. Below are some options:

- Biking
- Swimming
- Walking
- Jogging
- Competitive Sports
- Weight Lifting
- Dance
- Yoga
- Martial Arts

Find something that allows your body to move without worries, motivates you and enjoy!

Healthy Eating Habits

People who eat a diet full of nutrients tend to be happier and healthier. A nutrient-dense diet is one that contains many types of vegetables, fruits, whole grains, fat-free milk products, proteins such as lean meats, poultry, fish, and eggs. Beans and nuts can also be a good choice. However, limit fats and sugars as much as possible. Breakfast is important to eat in the morning and can prevent anxiety from affecting your stomach. Something easy to digest is a good start.

Choosemyplate.gov is an informative resource that can assist in planning healthy meals.

Drink Plenty of Water

Did you know that your body is between 55% and 78% water depending on your size? Experts recommend you drink between 8 and 10 glasses of water each day to keep your body healthy. The cells in your body need water in order to be hydrated and to work properly. The top health benefits to drinking water are as follows:

- Relieves Fatigue
- Improves Mood
- Treats Headaches and Migraines
- Helps in Digestion and Constipation
- Aids Weight Loss
- Flushes Out Toxins
- Regulates Body Temperature
- Promotes Healthy Skin
- Helps Bad Breath

Regular Sleep Patterns

Sleep problems can become a vicious cycle for any person, especially one experiencing anxiety and depression. An anxious person may have difficulty turning off their mind and therefore cannot fall asleep. This makes for a difficult day the next day which can also increase their anxiety, causing continuous sleep problems.

It is important to get at least 7 hours of sleep per night for adults and 9 hours of sleep for adolescents. Sleep affects each person differently so it is important to find what works best for you and what your body needs.

Avoiding Poor Choices

While smoking, alcohol, and drugs are extremely bad for you, they can also be quite damaging. Using these products can cause medications to break down faster and therefore become ineffective or increase side effects.