

Emotional Health & Physical Health

Your **physical health** and your **emotional health**, or mental health, are connected. To be healthy, you should take care of both. You might already know how to take care of your physical health, like eating **healthy foods** or **exercising**. But many people can improve taking care of their emotional health.

It has been shown that the **mind and body interact** and affect one another.¹ While unhappy or stressed-out thoughts may not directly cause poor physical health, they can contribute to them. Mental health issues, such as **depression**, affect many people. They have been shown to **increase the risk** for chronic illnesses like heart disease, cancer, and diabetes.²

In addition, people who have emotional health issues often have **physical symptoms**. These include constipation, lack of appetite, sleep issues, or fatigue. These symptoms make daily life more difficult and make it more difficult to stay healthy.



Treatment for emotional health issues can improve your **physical health** and your overall health as well. Managing your emotional health can give you the **power** to cope in a healthy way and to feel better about yourself.

¹ Lee YS, Jung WM, Jang H, Kim S, Chung SY, Chae Y. The dynamic relationship between emotional and physical states: an observational study of personal health records. *Neuropsychiatr Dis Treat*. 2017;13:411–419. doi:10.2147/NDT.S120995

² Voinov B, Richie WD, Bailey RK. Depression and chronic diseases: it is time for a synergistic mental health and primary care approach. *Prim Care Companion CNS Disord*. 2013;15(2):PCC.12r01468. doi:10.4088/PCC.12r01468