Learning about the mind-body connection

If you’ve ever felt your stomach tie up in knots before you give a speech, you already know there’s a mind-body connection. When a person is under a lot of stress, has anxiety or is depressed, the body reacts. Thinking healthy is an important part of being healthy!

Have a positive outlook on life.
Some people deal well with stress and life pressures. They often have a helpful circle of friends and family (pets count, too!). If so, they tend to suffer less from illness and get better more quickly when they do get sick.

Is there such a thing as ‘ill’ will?
Maybe. Some people see things in a negative way. They don’t handle stress well. And they don’t have many people around to help them. They tend to get sick more often. They also tend to have more physical complaints and don’t get better as quickly. Think about it—when everything is going wrong and you wonder what else could possibly happen—that’s often when you get sick.

Bottom line?
Feeling hopeful can be the best medicine. It could be just what the doctor ordered to keep you healthy.

Mind your body.
Here are some simple ways to keep your mind and your body in sync.

- Look for the positive side of things.
- Calm your mind and body with meditation (quiet time) and deep breathing.
- Live a balanced life. Make time for things you enjoy.
- Laugh loud and laugh often.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.