

a healthy mind essay sample

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Many people do not realize, and often underestimate, the importance of good health. Health, as they say, is wealth. Good health is necessary to carry out daily tasks. When discussing healthy, many people would consider the condition of their bodies and forget about the condition of their minds. However, health is not only about alleviating and being free from physical aspects of health, it also means being healthy in one's mind too. An unhealthy mind results in an unhealthy body. Good mental health helps you to make the most of life and enjoy it. Good mental health offers you a feeling of well-being and the inner strength needed in times of trouble or unrest. Everyone knows how to care for their bodies and this is done almost every day by the majority of people. Exercising and eating the proper foods are the best ways of keeping the body healthy. But, how does one keep the mind healthy?

A healthy mind requires a lot of work, as well as, a combination of the right foods and working out. Exercise is extremely important to staying healthy both in body and mind. Being active can help a person continue to do things they enjoy and be independent as one ages. Long term physical activity increases the benefits of long-term health. This is the reason many health experts advise individuals to be as active as possible and to set aside at least three days a week for some form of activity that keeps the heart beating at a steady pace. Physical exercise also has many mental benefits. For example, a person diagnosed with depression or anxiety is most often asked to conduct some form of physical activity apart from taking medication. This is because, the body produces hormones known as endorphins which improve mood and relieve stress. Depression can be

alleviated by improving mood and anxiety can be relieved by reducing stress.

Another method of keeping the mind healthy is to exercise it as often as possible. Just as physical exercise is good for the body, so is mental exercise for the mind. There are numerous ways to ensure a healthy mind through activity. For example, doing cross word puzzles, calculating sums in the head, learning a new word every day etc. can be extremely beneficial for the mind. This form of mental exercise is not only for the elderly. It is for all individuals who wish to keep their minds healthy.

Very few individuals take the time to care for themselves with busy lifestyles and schedules. However, taking care of yourself is the best way of ensuring you live a long healthy life, not only physically, but also mentally. So always remember to take the time to unwind from the long day you've had, and take a few minutes to relax and enjoy what you work hard for, yourself.