

The Mind-Body Connection

The Immune System

Research indicates that emotional health and a positive emotional style positively impact cardiac health, faster recovery from infection, and resistance to viral infections like colds.

On the other side, when the body is responding to stress there can be a suppression of the immune response.

Brain-Gut Connection

Did you know that the digestive system has its own nervous system? It's called the enteric nervous system and it's made up of millions of nerve cells that surround your GI tract. These nerves help communicate what's happening in the GI tract, with your brain. Because of this connection, mind-body tools such as meditation, breathing exercises or yoga have all been shown to improve GI symptoms, improve mood, and decrease anxiety.

Stress

There may be times in your life, like before a test, that you feel stressed or like you have butterflies in your stomach. This often resolves once the event is over.

There may be times though that multiple small stressors build up and you begin to develop chronic stress. Symptoms may be feeling irritable, tired, having headaches, not sleeping well, or feeling anxious or sad.

If you're feeling these things, try slowing down and focus on your breathing. You may also need to seek help from your physician.

Free Resources

Here are just a few free resources to help improve your mind-body connection.

[Breathing Exercises to Reduce Stress - Headspace](#)

[Breathwork Meditation: Benefits, Exercises, and Tips \(healthline.com\)](#)

[Yoga With Adriene - YouTube](#)

Never hesitate to reach out to your healthcare provider if further assistance is needed.

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.