MENTAL AND PHYSICAL HEALTH:

HOW MENTAL AND PHYSICAL HEALTH ARE CONNECTED AND IMPACT ONE ANOTHER

**Presenter:** Katie Dash, MS, CHES
Health Promotion Specialist, Student Health Center
1 of 3 American adults are getting the recommended amount of physical activity per week.

- Department of Health and Human Services, 2017
65% of American adults are getting the recommended amount of sleep

- Centers for Disease Control and Prevention, 2016
1 in 10 American adults get the recommended amount of fruits and vegetables per day

- Centers for Disease Control and Prevention, 2017
Presentation Objectives

1. Define the **8 Dimensions** of Wellness
2. Explain how **physical** health impacts mental health
3. Explain how **mental** health impacts physical health
4. List **tools** to promote physical and mental wellness
DEFINING HEALTH

A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

*World Health Organization*
EIGHT DIMENSIONS OF WELLNESS

- Emotional
- Physical
- Spiritual
- Occupational
- Financial
- Environmental
- Social
- Intellectual
**HOW PHYSICAL ACTIVITY IMPACTS MENTAL HEALTH**

**Helps Manage Stress Response**
Releases norepinephrine and decreases stress hormones that shorten dendrites and suppress BDNF

**Improves Memory**
Increases nerve cell connections and size of hippocampus

**Improves Mental Clarity**
Increases blood flow to the brain

**Slows Neurodegeneration**
Protects against loss of gray and white matter
How many minutes of moderate-intensity aerobic activity is recommended per week (at minimum)?

What are the three components of a complete physical activity regimen?
HOW MUCH PHYSICAL ACTIVITY DO I NEED?

1. Cardio
   150 minutes of moderate-intensity or 75 minutes of vigorous-intensity

2. Strength Training
   2-3 days per each muscle group

3. Flexibility
   No CDC numeric guidelines, but improves range of motion and decreases risk of injury
WAYS TO GET MORE PHYSICAL ACTIVITY

Join WellCats
Free, on-campus group classes. Discount at Campus Rec.

Follow a YouTube video or calendar workout

Sneak in physical activity at work
Take the stairs to a different floor during your bathroom breaks. Have “walk-and-talk” meetings. Keep a yoga mat in your office.
WAYS TO GET MORE PHYSICAL ACTIVITY

Use an app on your phone

- Nike Training Club
- Workout for Women
- MyFitnessPal

Buy cheap workout supplies at Five Below or Marshall's
How Sleep Impacts Mental Health

Sleep Stages

REM Sleep
Enhances learning and memory and contributes to emotional health

Deprivation Increases Emotional Reactivity
Increases activity of the amygdala, the emotional response center of brain

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How many hours of sleep is recommended per night?

How long does it take to complete a full sleep cycle?

How long should your naps be?

28
HOW MUCH SLEEP DO I NEED?

1. Per Night
   7 to 9 hours

2. Per Nap
   20 or 90 minutes
WAYS TO GET MORE SLEEP

- Listen to a podcast
- Try progressive muscle relaxation
- Use Night Shift, timers, and reminders on phone
- Set your thermostat to $\approx 65$ degrees
- Avoid heavy eating or exercising too close to bedtime
HOW NUTRITION IMPACTS MENTAL HEALTH

**Omega-3 Fatty Acids**
Lowers beta-amyloid and has protective blood benefits

**B Vitamins**
Reduces brain inflammation

**Antioxidants**
Increases blood flow to brain

**Probiotics**
Maintains healthy gut biome

**Refined Sugars**
Impaired brain function on “Western” diet
What fraction of your dinner plate should be fruits and vegetables?

What is the recommended amount of caffeine per day in milligrams?
How much of each food group do I need?

- Fruits: 1.5 - 2 cups
- Vegetables: 2 - 3 cups
- Grains: 5 - 6.5 oz
- Protein: 5 - 8 oz
- Dairy: 3 cups
HOW MUCH CAFFEINE SHOULD I HAVE?

400 mg
WAYS TO EAT HEALTHIER

Try incorporating a Mediterranean diet

Include fruit at breakfast
Focus on whole fruits, but also try dried, frozen, or canned (in water or 100% juice)

Try steamable frozen veggies

Make half your grains whole
“Multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product

Choose seafood twice a week
Make sure meat and poultry is at least 92% lean
Putting Mental Health First
**Respiratory and Cardiovascular Systems**
Increase in breathing rate, heart rate, and blood flow to vital organs

**Digestive and Immune Systems**
Increase in blood sugar, increase in stomach acid, and weakening of immune system

**Likeliness of Engaging in Healthy Behaviors**
Less likely to visit the doctor or more likely to use unhealthy coping mechanisms

**Fight or Flight Response**
Autonomic nervous system signals adrenal glands to release adrenaline and cortisol
WAYS TO CULTIVATE OUR MENTAL WELLNESS

Utilize free counseling through Bobcat Balance

Visit MINDSMATTER.VPSA.TXSTATE.EDU

Check out books at your local library

Track your mood

Practice positive thinking and affirmations

Express gratitude

Write someone in your support system a card
What is one positive word you would use to describe yourself?
What is something you are grateful for?
How many points did your team earn?
Services offered by Medical Doctors & Nurse Practitioners:

- Urgent care services
- Primary healthcare
- Sexual & reproductive health
- Sports medicine
- Travel health
- Affirming hormone therapy
- Psychiatry by referral

Services offered by Nurse Clinic:

- Allergy injections
- Immunizations
- STI screenings
- TB skin testing
- Pregnancy testing & counseling
- Nurse triage

Lab, X-Ray, & Pharmacy on site!
Eligibility and Access

- Located on campus, across from the LBJ Student Center bus loop
- Same-day appointments & walk-ins
- All registered students are eligible, even during summers
- Student Health Center hours:
  - Monday, Wednesday, Friday
    - 8 a.m. - 5 p.m.
  - Tuesday, Thursday
    - 9 a.m. - 6 p.m.

Call 512.245.2161 to schedule a same day or future appointment.
Walk-ins welcome until 4 PM.
Texas State University
Student Recovery Alliance

Meetings Wednesday at 4:00 PM

The Student Recovery Alliance at Texas State University creates a safe place for students in recovery from alcohol and drug use to work together, share experiences, plan sober events in the community, celebrate triumphs, discuss struggles and collaborate on empowering solutions.
Peer Educators healthy cats
Meetings
Tuesdays at 5:00 p.m.
SHC Conference Room 202

Meetings
Mondays at 5:15 p.m.
SHC Conference Room 202