

## It's February - let's celebrate our heart health!

Our physical health is influenced and closely connected to our emotional, mental, and spiritual health.

Just like we care for our physical health, we also need to do things to care for our mental, emotional and spiritual health.

Here are some ways that we can care for ourselves:

**Physically** - be active every day, eat more vegetables and fruit, drink water, get enough sleep

**Mentally** - practice mindfulness, remember to breathe, manage your stress in helpful ways

**Emotionally** - tune in to your emotions, accept that ups/downs are expected and normal, talk to a friend/counsellor, use positive self-talk

**Spiritually** - nurture your own spiritual beliefs or religious values, be outside and connect with nature

**Socially** - spend time with friends/family, volunteer, do something kind for another person

Our health encompasses so much more than just our body size and shape...we are caregivers, friends, and partners. It's what is in our hearts that will help us achieve optimal health, as much as what we do for our hearts!



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