



Make the Mind-Body Connection

“May the God of peace...sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ.” I Thessalonians 5:23 (NRSV)

Being healthy includes much more than just the absence of disease. A complete picture of health should include mental and spiritual health in addition to physical health.

In the hustle and bustle of busy lives, people often neglect both bodies and souls. Reflect and be thankful for bodies. Also, rest one’s mind and put the soul at ease. Care for complete health by including physical activity as a lifestyle dynamic. Use activity time to exercise the body while reflecting upon life’s events, meditating, praying, and being at peace. Respecting mind, body, and soul leads to many wondrous outcomes when the mind-body connection is valued.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



Make the Mind-Body Connection

“May the God of peace...sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ.” I Thessalonians 5:23 (NRSV)

Being healthy includes much more than just the absence of disease. A complete picture of health should include mental and spiritual health in addition to physical health.

In the hustle and bustle of busy lives, people often neglect both bodies and souls. Reflect and be thankful for bodies. Also, rest one’s mind and put the soul at ease. Care for complete health by including physical activity as a lifestyle dynamic. Use activity time to exercise the body while reflecting upon life’s events, meditating, praying, and being at peace. Respecting mind, body, and soul leads to many wondrous outcomes when the mind-body connection is valued.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)