



HEALTHY BODY, MIND AND SPIRIT

AGE RANGE: 15-18

Lesson Plan: 2 of 4

What is does it mean to have a healthy body, mind and spirit?

A healthy body, mind, and spirit are all different but equally important parts of a person.

- The mind is your consciousness, thoughts, and mental images. It is your ability to reason and understand concepts. Your subconscious mind is where your instinctive thoughts are stored. These can be positive or negative such as love or hate, trust or distrust.
- The body is the physical structure that houses you. It is made up of bones, muscles, blood vessels, organs, and skin. It is also where you physically feel your emotions and feelings such as joy, happiness, fear, anger and pain.
- Spirit may be harder to understand at first as you can't physically see it and the spirit can mean different things to different people depending on your beliefs. Some believe spirit is composed of higher level energies such as our intuition, inspiration, faith, vision and greater purpose.

When we look at the mind, body and spirit, it's important to understand their connection and their close relationship with one another. The health of your body has an effect on your mind and spirit and vice versa. Keeping each balanced and healthy and understanding how they interact, will allow you to live healthy in yourself and in your surrounding community.

Importance of having physical, mental and spiritual health and the role that plays in healthy sustainable communities

Having a healthy body, mind, and spirit is essential for a healthy community. In a healthy community, individuals are encouraged to take care of their physical, mental and spiritual health. This can be achieved through regular exercise, healthy eating, meditation, mindfulness, and other practices that promote well-being. Simple acts such as sharing, helping to protect or restore nature or helping a community member in need can also have a number of benefits to your overall health. When individuals are healthy in all three areas, they are more productive, engaged, and motivated, which can lead to a more vibrant and thriving communities.

- A healthy spirit helps us to connect with our inner selves, find meaning and purpose in life, helping us to develop a sense of community
- A healthy mind helps us to cope with stress, anxiety, and depression, it also helps to make us excited about life and improves our overall well-being
- A healthy body helps us to perform our daily activities with ease and reduces the risk of chronic diseases such as heart disease, diabetes, and obesity, a healthy body also helps us contribute to the community which further strengthens our sense of purpose



The many benefits sustainable communities can provide for a healthy body, mind and spirit.....

- Sustainable communities promote physical health as they often have many **outdoor activities** that involve physical movement and there are physical tasks that are needed on an ongoing basis to keep the community in working order.
- Getting **enough quality sleep** is essential for overall health and well-being, as many sustainable communities are situated in a natural setting the urban buzz is avoided and many report to sleeping well in this type of setting.
- Visiting or living in a sustainable community allows for **new types of learning** that are not provided in the traditional education system and in some cases are not learned at home. This could include learning how to grow food, **how to build with nature**, understanding how to live in balance with the surrounding biodiversity of the land and how to **respectfully harvest** and not take more than is needed.
- Each community has its own unique way of supporting the spiritual health of its members and visitors. Some communities have designated spaces for practices like **meditation, prayer, and reflection**.
- Living in a sustainable community provides a closer awareness and connection to nature which has helped individuals to foster **inner peace, purpose and self-awareness**.
- Sustainable communities provide many benefits critical to mental health, by providing a **sense of belonging**, support and acceptance.
- Perhaps one of the greatest benefits provided by sustainable communities is to remind ourselves **how to care and love one another** again. In the busy, self-focused urban setting which many of us call home - a sense of community and care for your neighbour has been in many cases lost.

“For a community to be whole and healthy, it must be based on peoples love and concern for each other” Millard Fuller

What does a healthy body, mind and spirit look like in a community setting?

- It enhances productivity and creativity, as people who are mentally and physically fit can perform better at work, school, and other activities.
- It fosters positive relationships and social cohesion, as people who are emotionally and spiritually balanced can communicate effectively, empathize with others, and resolve conflicts peacefully.
- It prevents and reduces the burden of diseases, as people who are healthy in body, mind, and spirit can avoid or manage chronic conditions, such as diabetes, heart disease, and depression.
- It promotes happiness and satisfaction, as people who are healthy in body, mind, and spirit can enjoy life, cope with stress and find meaning and purpose.



Just a few examples of the many benefits of maintaining a healthy body, mind and spirit

- **Increased self-awareness:** When you take care of your body, mind, and spirit, you become more aware and in control of your thoughts, feelings, and emotions.
- **Decreased blood pressure:** A healthy lifestyle in body, spirit and mind can help reduce blood pressure and lower the risk of heart disease.
- **Reduced pain:** A healthy body, mind, and spirit can help reduce pain and discomfort in your day to day activities.
- **Improved health outcomes:** Maintaining a healthy body, mind, and spirit can lead to improved health outcomes such as a longer life span and a better quality of life, especially into your later years.
- **Stress and anxiety reduction:** Regular exercise, meditation, and mindfulness practices can help keep a healthy balance in your body, spirit in mind which in turn can reduce stress and anxiety.

Tips towards establishing a healthy body, mind and spirit

- **Get enough quality sleep:** Poor sleep quality has been shown to be associated with chronic diseases such as stroke and cancer. It's also linked to lower levels of psychological well-being. The National Sleep Foundation recommends seven to nine hours of sleep for adults between 18-64 years old and seven to eight hours of sleep for adults over 64 years old.
- **Listen to music:** Listening to music is an easy way to enhance your physical and mental health. It can help regulate your mood, enhance your well-being and can even offer some pain relief! It is important to listen to the right kind of music that is positive, excites you and/or brings you into a peaceful relaxed state.
- **Make gratitude a habit:** Practicing gratitude can help you focus on the positive aspects of your life and will improve your overall well-being. Start by writing down three things you're grateful for each day. Encourage other family members or friends to do the same.
- **Move more and exercise regularly:** Exercise can make you physically and emotionally happy. Even if you don't feel like taking part initially by the time you are finished exercising you will feel energized, content and more alert. You can start slow and work your way towards a realistic routine. Incorporating more small movements throughout your day can also help.
- **Engage with your community:** Engaging with your community can help you feel connected and supported. You can volunteer, join a club, or attend community events to meet new people and build relationships. Create your own sense of community where you live!
- **Show your body love with healthy family meals:** Enjoy meals that are unprocessed and nutrient rich and feel the boost of energy it provides you and your family. Introduce regular family meal time so that you can connect together over a new healthy habit!