



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by Creative Benefits, Inc.



## THE LINK BETWEEN HEALTH AND HAPPINESS

In the pursuit of a fulfilling life, happiness is a goal for many. The American Psychological Association defines happiness as “an emotion of joy, gladness, satisfaction and well-being.” However, happiness is not an isolated concept; it’s complex and connected to your overall physical and mental health. By understanding and nurturing the link between your health and happiness, you can be on your way to an enriched and balanced life.

This article explores the connection between health and happiness, highlighting ways to best care for yourself.

### Physical Health and Happiness

The authors of a study published in Psychological Science journal claim “happier people are healthier.” In other words, physical health forms the foundation upon which happiness thrives. When your body functions optimally, so can your overall sense of well-being. Regular exercise, a nutritious diet and sufficient sleep are crucial in maintaining your overall physical health.

Engaging in physical activity releases endorphins, the body’s natural feel-good chemicals, which elevate mood and reduce stress and anxiety. Exercise also improves cardiovascular health and boosts energy levels. Committing to an active lifestyle can create ideal conditions for increased happiness.

In addition to exercise, nutrition has a significant impact on both physical and mental health. A balanced diet fuels the body and mind for optimal performance. Fresh fruits, vegetables, whole grains, lean proteins and

healthy fats provide the necessary nourishment to support cognitive function, emotional stability and overall well-being.

Adequate sleep is another crucial factor in the physical and mental well-being equation. Studies have consistently shown that quality sleep positively influences mood, cognitive performance and emotional resilience. Prioritizing regular and restful sleep patterns ensures better mental health, improved focus and increased happiness.

### Mental Health and Happiness

Just as physical health influences your happiness, mental health is just as important. Mental well-being encompasses your emotional, psychological and social state. When you nurture your mind, happiness can flourish.

Positive mental health is achieved through various practices, such as self-care, stress management and healthy relationship management. It’s critical to engage in activities that bring you joy and relaxation. Consider ways to incorporate hobbies you enjoy or spend more time in nature. Such activities can help alleviate stress. Mindfulness practices can also effectively reduce anxiety, improve focus and foster a positive mindset.



Healthy relationships and social connections are fundamental to mental well-being. Positive social interactions, supportive friendships and a sense of belonging contribute significantly to happiness. By fostering meaningful connections, you can establish a strong support network.

Seeking professional help when needed is crucial for maintaining your mental health. Mental health professionals can provide guidance, therapy and tools to help you manage and overcome life's challenges. Mental health professionals can aid you in addressing any underlying mental health issues, helping pave the way for sustainable happiness and fulfillment.

### **Summary**

The link between health and happiness is undeniable. Prioritizing physical health through regular exercise, a balanced diet and adequate sleep sets the stage for a happier mood and healthy life. Supporting your mental health through self-care, stress management and relationship-building can help build your emotional resilience and a positive mindset.

A healthy mind and body are critical components in your quest for happiness. By embracing a holistic approach to health, you can unlock the potential for a life filled with happiness, purpose and fulfillment. Contact a health care professional if you have any questions about your physical or mental health.