

Improving Mental and Emotional Health

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Mental and emotional health is just as important as physical health for a person. In fact, it is hard to separate physical health, from mental and emotional health because they are both part of the same person. Improved mental and emotional health benefits a person on a physical level, and improved physical health benefits a person on a mental and emotional level. Improving physical health is relatively simple, and can be achieved by a balanced exercise program, a better nutritional program, and stress reduction. In recent years medical researchers have determined that **75% of degenerative diseases can be prevented** by a good exercise program, improved diet and reduced stress. However, how can we improve our mental and emotional health?

Mental and emotional health is directly related to the quality of the relationships a person has with their family, loved ones and friends. When a person is having difficulty in their relationships with family, loved ones and friends, their mental and emotional health will quickly decline. The opposite is also true. When a person is happy with these important relationships in their life, their mental and emotional health will soar. We have all experienced this, and it is surprising how strongly our mental and emotional health is affected by what is happening in our relationships with the important people in our life.

The 4 Pillars of Building Good Relationships

The secret to improving mental and emotional health is to improve the quality of the relationships we have with our parents, spouse, children, siblings, relatives and friends. There are several

qualities that are essential in creating and building long-term relationships. Four of the main ones are **Patience, Kindness, Unselfishness and Forgiveness**, and they have been referred to as the 4 PILLARS of building good relationships.

PATIENCE

Patience is the first place to start. In fact, we all move and think too fast, and we hardly have time to stop and reflect on what is happening in our life, and why it is happening. Some people are so busy running away from the problems in their relationships that they don't want to slow down, and think, and try to evaluate where they are in life with their relationships. It's essential to slow down and take time to be with people and try to understand their heart, and to care about their feelings, and what they're experiencing in life.

KINDNESS

Kindness is the second pillar in building good relationships. In fact, it is obvious that most people try to show kindness to create and build a good relationship. Showing interest in a person, telling them what you appreciate about them, showing respect, being polite, helping them out, and doing good things for them can all be acts of kindness that people will respond positively to.

UNSELFISHNESS

Unselfishness is the third pillar in building good relationships. **Selfishness and self-centeredness are the enemy of relationships.** We all naturally want things for ourselves, and we normally pursue relationships where we think our wants and needs will be met. The problem with this is that we end up using people to try and get what we want. Unselfishness

means putting the needs and wants of the other person before our own.

FORGIVENESS

Forgiveness is the fourth pillar in building good relationships. In all relationships people can be hurt both accidentally and intentionally. This is because we all have weaknesses and short comings, and we can use the other person to get what we want. Without forgiveness people can continue to hurt each other which will damage the relationship even further. **Forgiveness is essential to heal relationships, and to reunite and reconcile people with each other.**

Rebuilding the family relationships is important because they are the foundational relationships in a person's life. By practicing the 4 PILLARS a person can improve the important relationships in their life, and that will improve their mental and emotional health.

In the next article we will talk about how to apply the 4 PILLARS to our life.



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