

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

110 Ho Plaza,
Ithaca, NY
14853-3101

Mind-Body Connection

A person's body and mind are dynamically interrelated, so it follows that distress felt in one area of your well-being can have effects on another area. For example:

- An athlete who is injured and unable to participate in their sport may experience significant emotional distress as a result of the physical injury and a long recovery.
- Someone who is going through a difficult time emotionally may experience physical symptoms such as stomach aches.
- An individual who is struggling with academic or professional work may have trouble sleeping, feel depleted, and suffer both emotionally and physically.

The good news is that supporting your well-being in one dimension can have benefits in other areas as well. Research shows that:

- Taking a walk outside can improve mental clarity and emotional well-being.
- Engaging regularly in meditation can improve your physical health.

Below are some tips and resources to help you take care of your overall health and well-being.

Online resources

... on Cornell Health's website

- **Stress management tips** are offered at health.cornell.edu/stress
- **More in-depth information about meditation** is also offered as a means to increase overall health and well-being: health.cornell.edu/meditate

... other resources

- **The effects of stress on the body:** healthline.com/health/stress/effects-on-body
- **Berkeley Wellness: The mind-body connection** berkeleywellness.com/healthy-mind/mind-body/article/body-mind-connection
- **American Psychological Association: How stress affects your health** apa.org/helpcenter/stress.aspx
- **Centers for Disease Control and Prevention: Are you feeling frazzled?** cdc.gov/bam/life/frazzled.html
- **Medline: Mind/Body relationships** medlineplus.gov/ency/patientinstructions/000417
- **Deep breathing** can reduce anxiety and disrupt repetitive or negative thoughts by focusing awareness on the present moment. By consciously taking several slow, deep breaths you can shift your mood and perspective and turn off the flight-or-fight response.
- **Laughter** jolts us out of our habitual state of mind and can eliminate negative feelings. As a result, humor can be a powerful antidote to lethargy. Hearty belly-laughs exercise muscles, stimulate circulation, decrease stress hormones, and boost your immunity, making laughter one of the most beneficial stress reduction techniques you can practice.
- **Listening to music** can energize or relax you. Studies show it can lower blood pressure and respiration, creating a calming effect. Be conscious of how music makes you feel. Choose what you need at the moment (to lighten a heavy mood; to help you relax and fall asleep). Have fun discovering new music; attend performances; make your own (sing, drum, etc.). Enjoy sharing it with your friends.
- **Meditation** is the process of paying attention to the present moment by focusing on one thing at a time... your breath, a word, phrase, or action. Observe without judgment the thoughts that arise as you "tune in;" release



Did you know that the simple act of smiling may have emotional benefits and can elevate your mood as well as the mood of those around you?

Try these ideas

Spending even 5-10 minutes on the following (FREE) activities can have a positive impact on your mind and body:

the thoughts as you exhale and return your attention to the object of your focus. With practice, this skill will help you return to a sense of calm when you begin to feel out-of-balance.

- **Progressive muscle relaxation** relieves body tension and helps you feel more relaxed within minutes. Starting with your toes and working your way up to your head: slowly tighten...hold... and then relax your muscle groups (e.g., feet, legs, abdomen, buttocks, shoulders, arms, hands, face). As you release, think to yourself, “these muscles are now relaxed.”
- **Play!** Enjoy a pleasurable, no-pressure activity just for fun. Being “child-like” (different from childish) allows you to experience feelings in the moment (joy, sadness, satisfaction, etc.), and to rebound from disappointments with greater ease.
- **Visualization** is the process of mentally rehearsing a task you want to master. Doing this will help you achieve many of the same benefits you would from actual physical practice. Close your eyes and take a few deep breaths. Imagine yourself acing the task (e.g., taking an exam, having an important conversation). Now, focus on how your success feels (excited, relieved, satisfied, smart).
- **Power naps.** A 20-30 minute nap in the afternoon can increase your alertness, reduce stress, and boost your cognitive functioning without leaving you feeling groggy or interfering with night-time sleep.
- **Alternative or complementary techniques.** This may include yoga, massage, acupuncture, Tai Chi, or Reiki. Many forms of complementary health care and self-care practices can boost energy and stamina, stimulate circulation, reduce tension, and help restore emotional balance.

We're here for you

Our medical and mental health providers view patients and clients as “whole people,” with complex lives and a variety of competing stressors. We work as a team and collaborate with one another as needed in order to support your overall health and well-being.

... weekly drop-in

- **Let's Talk:** students may consult with a professional counselor from Cornell Health. Drop-in hours offered M-F at sites across campus. Get the schedule: health.cornell.edu/LetsTalk
- **Let's Meditate:** practice mindfulness meditation with other students, staff, and faculty members. Sessions offered M-F at sites across campus. Get the full schedule: health.cornell.edu/meditate

... services & appointments

Many visits can be scheduled online (*myCornellHealth*) using your CU web login. You may also call us during business hours to make an appointment:

- **Medical services** (primary medical care for students): 607-255-5155
health.cornell.edu/services/medical-care
- **Counseling & psychiatry** (for students): 607-255-5155
health.cornell.edu/CAPS
- **Faculty & Staff Assistance Program (FSAP):** 607-255-2673
fsap.cornell.edu
- **Physical therapy** (for students, staff, and faculty): 607-255-7217
health.cornell.edu/PT
- **Pharmacy** (for everyone): 607-255-6976
health.cornell.edu/pharmacy



LET'S MEDITATE

weekly guided mindfulness meditation series

Individuals who meditate seem to feel better, do better, and find that the practice sustains them in their personal and professional lives.

Weekly guided meditation sessions—in a dozen campus locations—offer FREE half-hour opportunities for all members of the Cornell community to practice a relaxing and restorative technique supported by scientific research.

- **Everyone is welcome:** Open to students, faculty, and staff of all ages, genders, sizes, shapes, and abilities.
- **Come as you are:** Dress comfortably.
- No sign-up necessary: **Just come!**
- Participation is **FREE**

Get the current schedule:
health.cornell.edu/meditate



Cornell
Health



... after-hours support

For urgent concerns that take place after business hours, you may consult with one of our providers by phone (24/7) at 607-255-5155. When you call, please ask to be connected with the on-call provider.