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# The link between sleep and mental health

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

• **Sleep and depression:** The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence

now indicates poor sleep may induce depression.

• **Sleep and anxiety disorders:** Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal *Neuroscience* found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

• **Sleep and bipolar disorder:** A 2015 study published in the journal *Sleep Medicine Clinics* found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for



insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

• **Sleep and ADHD:** The Sleep Foundation notes that sleeping problems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention

and behavior that characterize ADHD.

The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at [sleepfoundation.org](http://sleepfoundation.org).



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# How cardio benefits your body

Physical activity is a key component of a healthy lifestyle, and an effective fitness regimen is one that combines strength training with cardiovascular exercise.

Recommendations from the U.S. Department of Health and Human Services urge adults to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Aerobic activity includes cardiovascular exercises like hiking, running, dancing, cycling, or other activities that increase the heart rate and improve cardiorespiratory fitness.

Though cardiovascular exercise is often discussed in terms of its heart healthy benefits, the Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin, and muscles.

## Cardio and your heart

Routine cardiovascular exercise leads to a decrease in resting blood pressure and heart rate. That's beneficial for the heart because it ensures



the heart does not have to work unnecessarily hard. Cardiovascular exercise also improves good cholesterol levels and lowers blood fats, each of which also helps to improve heart health.

## Cardio and your brain

The Alzheimer's Society reports that studies have shown that exercise that increases heart rate in middle-aged or older adults has led to improvements in thinking and memory and lower rates of dementia. The Cleveland Clinic notes that cardio also decreases stroke risk by increasing blood flow

to the brain.

## Cardio and your joints

Osteoporosis is a condition in which bones become brittle and fragile from a loss of tissue. That tissue loss can be a side effect of aging, but even though the National Osteoporosis Foundation estimates that half of all women over 50 will develop osteoporosis, older adults are not helpless against the condition. The Cleveland Clinic notes that cardiovascular exercise can help fight osteoporosis and reduce risk for hip fractures. It's also important to note that men are

not immune to osteoporosis, which has long been considered a more significant concern for women than men. Though women's risk for osteoporosis is greater than men's, UC San Diego Health reports that between 20 and 25 percent of all hip fractures occur in men.

## Cardio and your skin

Physical activity increases circulation, which the Cleveland Clinic reports leads to clearer, healthier skin. Cardio promotes better blood flow to the skin cells on the face, which can reduce signs of aging and improve complexion.

## Cardio and your muscles

Cardio increases oxygen supply to the entire body, and the Cleveland Clinic notes that allows muscles throughout the body to work harder and more efficiently. In addition, routine cardiovascular exercise allows muscles to adapt to an increased workload, which can improve daily life by making routine physical activities easier.



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# 3 ways people can boost their mental health every day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in *The Lancet Psychiatry* in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues.

Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of

someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the *American Journal of Health Promotion* found 29 strategies people can employ to protect their mental health. The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment. Though they can help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional. A rundown of the 29 strategies can be found at [mentalhealth.org.uk](http://mentalhealth.org.uk), but the following are three recommendations that anyone can apply in their daily lives.

**1. Spend more time in nature.** The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

**2. Avoid using drugs or alcohol as a coping mechanism.** The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing mental health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

**3. Get enough sleep.** The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.



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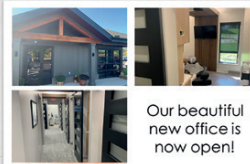
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# How to begin the day in a positive frame of mind

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits. Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

## Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

## Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life



changes) and then approach each aspect in a more positive way.

## Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood.

Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

## Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

## Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.



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# Injury recovery tips for seniors

There is no escaping the fact that the human body changes as it ages. Some changes associated with aging are beneficial, such as increased wisdom and knowledge from past experiences. Others, particularly changes to health and wellness, can be disconcerting.

Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, the process of recovering from injury can be especially lengthy.

According to Restorative Strength, a fitness and personal training service for seniors, elderly adults generally heal from injuries slower than young people. Caring Senior Services says there are a few reasons why healing can be delayed:

- **Having diabetes is one of the most common reasons why seniors have delayed healing.** The disease can negatively impact wound healing because elevated glucose levels narrow the blood vessels and harden the arteries.
- **The inflammatory**



**response in seniors drastically slows down as people age.** This response is the first phase when blood vessels expand to let white blood cells and nutrients reach wounds. When delayed, the wounds heal much more slowly.

- **Reduced skin elasticity and diminished collagen fibers** in seniors can contribute to the body's tissues not being able to return to a normal state after injury.

- **Sedentary seniors may have lost muscle mass and flexibility,** which help physically active individuals regain

mobility after an injury. Bones also may be more brittle, particularly if osteoporosis is present.

Although it's impossible to reverse the hands of time, there are steps seniors can take to recover from injuries more quickly, and potentially avoid them as well.

- **Slow and steady physical activity:** Exercise, including routine strength-training activities, helps strengthen muscles and bones. According to Pioneer Trace Healthcare & Rehabilitation, when complete bed rest is not advised after an

injury, getting up and moving even just a little each day can jump-start recovery. Regular activity prior to any injury also may make the body stronger and more flexible to help reduce the likelihood of injuries.

- **Maintain a positive mindset.** The mind has a role to play in injury recovery. Minimizing stress levels through meditation, and engaging in positive thinking techniques, can make healing and therapies more successful. Reducing stress can boost the immune system, which also will offer healing benefits.

- **Improve diet.** The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide fuel that facilitates healing.

- **Work with a qualified professional.** Seniors should not take on exercise or recovery efforts on their own. Exercising the right way and following prescribed guidelines can speed up recovery and potentially prevent future injuries.

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# Strategies to prevent sports injuries

Athletes train hard with a goal of performing at their peak when competition begins. Exercise is very good for the body, but at times athletes may be in jeopardy of overdoing it in pursuit of doing their best.

Johns Hopkins Medicine says many sports injuries can be prevented with proper precautions. In fact, there are various steps athletes can take to reduce their injury risk.

### Wear the right gear

Using the right equipment or gear and wearing supportive shoes can help prevent injury, as can using safety items like helmets and protective pads. Ensure that all equipment is properly fitted and replace items if they become damaged or worn out.

### Maintain flexibility and strength

The experts at Mount Sinai say it is extremely important to perform dynamic stretches before starting a physical

activity, as cold muscles are more vulnerable to injury. Also, exercises that strengthen the muscles used for the sport are beneficial, particularly those that target the core. Core-strengthening exercises improve balance and stability, which is essential in all sports.

### Use the right technique

Athletes should learn the proper techniques for playing a sport or engaging in a physical activity like strength training. Poor form on the field or in the gym can put athletes at risk for injury, says the University of Rochester Medical Center.

### Listen to your body

Aches and pains in joints or muscles that do not improve in a day or two could be signs that a more serious condition is developing. Do not attempt to power through pain, which can cause serious issues and significant, long-term injuries.




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