



Topic: Health & Wellness

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We should always be mindful of having healthy bodies and healthy minds. There are many scriptures in the Bible about health and eating habits.

3 John 1:2 KJV

² Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

- To be in good health means taking care of our bodies. Health is working out.

Parts of Health:

- I. Physical
- II. Mental
- III. Emotional
- IV. Spiritual

- These parts of health total to **holistic health**. Each part is important, but they are not all on equal levels with each other.

1 Timothy 4:8 KJV

⁸ For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

- ❑ We do have to exercise however godliness or spiritual health is more important. Having good spiritual health is the umbrella that covers the other parts of health.

Physical Health

A. Exercise

- a. Exercising releases endorphins (happy hormones) in your body which can help you have a better attitude. It reduces body fat which leads to inflammation in the body. Inflammation can cause toxins to be released and bring on sickness.
- b. It also helps with mental clarity, provide more brain power, and keep off viruses.
- c. While we are in quarantine, you should still try to exercise. One of the BEST exercises to do at any age is run.
 - i. Running can also help you sleep better at night and strengthen your muscles. Dancing, swimming, jumping jacks, jumping rope, stretching, and even breathing are other exercises that can be done.
 - ii. Stretching is another important part of exercising that should be done every single morning when you wake up.

Video: Belly Breathing: Mindfulness for Children

[\[https://www.youtube.com/watch?v=RiMb2Bw4Ae8&t=29s\]](https://www.youtube.com/watch?v=RiMb2Bw4Ae8&t=29s)

- ❑ You can do belly breathing anywhere when you feel angry, stressed, overwhelmed, or nervous, so it can calm your nervous system.

B. Nutrition

- a. As a nation, we lead #1 in the worst nutrition practices.
- b. We eat junk food like Takis, sodas, chocolate, ice cream, and candy. We must be mindful of what we put in our body. Too much sugar can lead to diseases at a noticeably young age. Your generation can do new and innovative things to eat healthier.
- c. Eat more vegetables, and fruit. Eat a little bit of meat every day. Too much meat can clog your body system. You want to eat grains, nuts, sunflower seeds. Seeds and berries are particularly good for you. We want to keep up these good eating habits now and stick with it as you get older.

- d. Try drinking a large glass of water as soon as you wake up. This will remove any mucus and toxins that have accumulated in your body overnight.
- e. Forming good sleeping habits help you think early. Your body repairs itself while sleeping. Doing these tips everyday will enforce discipline.

Proverbs 25:28 KJV

²⁸ He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Mental Health

Definition. A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her own community. - World Health Organization

- Mental and emotional health go hand in hand. They can be interchangeable. Having a good mental health means you can cope with stresses like the times we are living in now with this pandemic, the coronavirus, and being on lockdown from quarantine.

Video: Quarantine - Teenagers Reveal What Being in Quarantine During Covid-19 is Really Like [<https://www.youtube.com/watch?v=BrP9UW9eOts&t=9s>]

- People all around the world are experiencing depression because of this pandemic. If you are feeling depressed, talk to someone! Talk to your parents or your counselor, or your auntie. Tell them how you are feeling. Make sure you get advice on what to do.
- Being a young DOS, we must build our mental health. Having good mental health is knowing how to cope when life changes. We must be forward thinkers, plan, and come up with solutions. Am I going to give my parents a hard time because I must stay inside? NO. We have the Bible, and it tells us what to do in times like this.

Joshua 1:8 KJV

⁸ This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

- If we follow the Bible, then we will have success even in a pandemic. You can learn how to cultivate your own food, learn how to store food, spend more time with your family, learn how to cook, clean better, etc. There are plenty of things to do! Find a book to read. We do not have time to be depressed.

Emotional Health

Emotional health is also how you react to life situations.

- Are you going to scream, cry, or get depressed when things are happening? We must apply the fruits of the spirit when life challenges occur.

Galatians 5:22 KJV

²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

²³ Meekness, temperance: against such there is no law.

- No matter what happens, we must be applying these fruits of the spirit. This goes back to mental health. We must focus on solutions rather than the problems.

So, we want to know how are you young DOS coping through this pandemic right now? Let us discuss:

- Was nervous when the pandemic first began, but I am feeling better now
- Help mom make unleavened bread to stay occupied
- Learning how to do hair
- Draw and make music
- Pray to TMH & fast to stay healthy
- School and chores keep me very occupied

Spiritual Health

1 Timothy 4:8 KJV

⁸ For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

- Godliness is everything that we talked about today combined.
 - Godliness is good diet/ nutrition and working out
 - It is having a good mental health learning how to meditate on the Bible so we can stay ahead.
 - It is having emotional health, making sure we apply the fruits of the spirit, to all things that come our way. Keep the faith, do not get angry.
- Things are going to come; we are going to be aware that the world is not aware of. We have that advantage from everyone else going through this crisis.
- As YDOS we must understand that things are going to happen, and you can get prepared now as young as you all are.



- Spiritual health is holistic health. I had a great time with you all.

Shalom Most High name Christ Bless!