

# The Mental Health and Physical Health Overlap

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I spoke to a friend the other day who was telling me that she had a cold and felt like the whole world was just **doom and gloom**. If you've also felt like this, you are not alone.

There are lots of things that can impact your mental health, including being:



at a certain stage in your menstrual cycle



sick

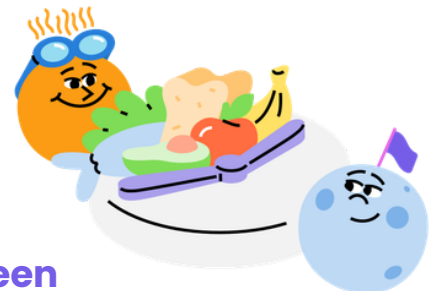


low in vitamins and minerals (eg. iron)



low on sleep

Whenever I start to get a slightly blocked nose or sore throat, I get stressed at the thought of becoming sick because of the toll it takes on my mental health.



Sometimes, I can ward it off by staying a **hydrated queen** and making sure I'm **eating lots of fruit and veggies**. But sometimes you can't avoid getting sick. When I get sick, I make sure to **focus on the basics**. These will look different to everyone, but for me it includes:

making sure to take my meds



eating regularly



sleeping (sometimes a bit extra to help my body)



getting outside

going to the dr if need be



time off of work or regular duties

doing things that I enjoy (eg. playing with my dog)



showering

Check out my Self Care Hacks blog

**HERE**

if some of these things are feeling tricky (which is totally ok)!

Aside from being physically sick with a cold or virus, things like your **sleep**, **physical exercise** and **heart rate** can also tie in with your mental health. Sometimes these things correspond to changes with your mental health, which may highlight potential causal patterns (but not always because correlation  $\neq$  causation).

If you're interested in understanding patterns between aspects of your physical health and your mental health, check out the

**MINDING  
YOUR MIND**

app.

Ugh I don't want another wellness app

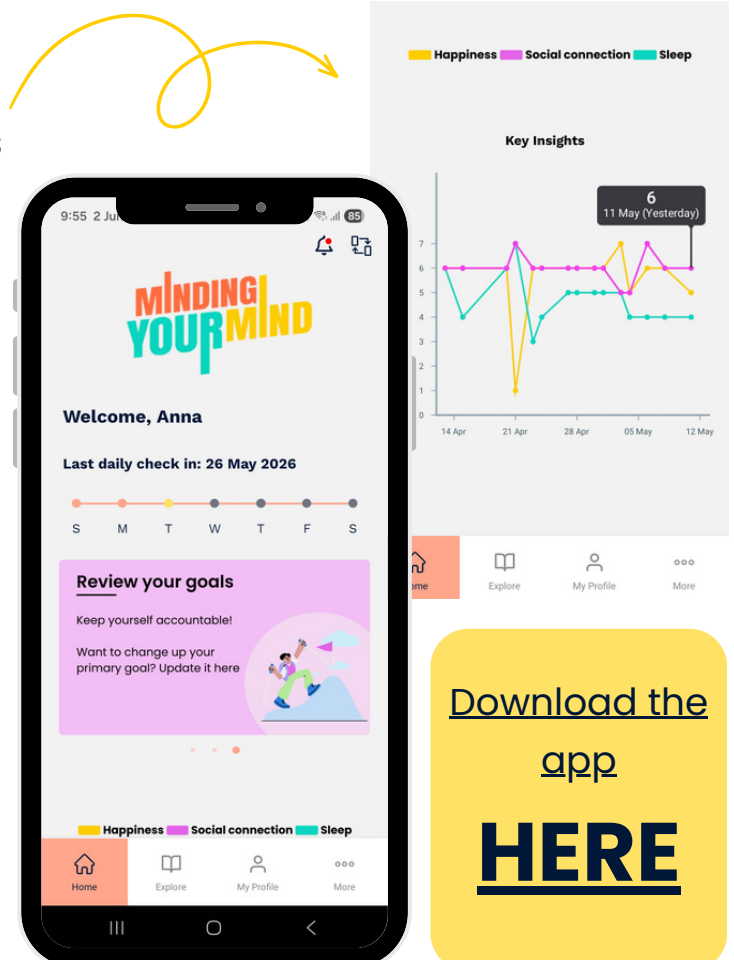
Don't worry, this isn't like every other app

Unlike other apps that only let you track one thing, the Minding Your Mind app lets you track your **sleep**, **mood**, and **social connectedness** by filling out one short daily check-in. Plus, you can choose to **link your Apple Health account**, which automatically syncs physical health info about your sleep, steps and heart rate.

I think the coolest part about the app is that it plots all the information on a graph to show you the different trends over time.

It also has a range of evidence-based strategies and lived experience tips for a huge variety of topics.

Stay tuned for the next update of the app, which will also provide you with a personalised report that takes all the information you've put in, analyses it and then highlights patterns in the data and provides you with recommendations of what areas you may want to focus on.



Download the  
app  
**HERE**

But regardless of whether you get the app, tracking (in whatever way works for you) how your physical health impacts your mental health can help show what things might be helping your mood, like exercising more.

If you feel like something's off in your body or your tracking is showing something strange, don't forget to check in with a doctor.

A good GP should do a full health check to understand all aspects of your health, physical and mental, and sharing anything you've noticed can be helpful.



## *You know your body best*

- if something doesn't feel right, it's definitely worth getting it checked out.

So basically, getting sick sucks :( and it's super normal for your physical health to impact your mental health, and vice versa!

Wishing you all good physical (and mental) health,  
Zoe