



# Happy, Healthy and Free

*Fitness for Mind, Body and Soul*

*PART II*

# SLEEP

A good laugh and a long sleep are the best cures in the doctor's book. ~Irish Proverb

A human will die of sleep deprivation before he/she will die of starvation.



# Results of Sleep Deprivation

- ◆ Increases depression and other psychological illnesses
- ◆ Increases dissatisfaction with primary relationships
- ◆ Systemic inflammation
- ◆ Shrinks the brain
- ◆ Damages the heart and kidneys
- ◆ Raises blood pressure
- ◆ Leads to greater risk of obesity and diabetes
- ◆ Increases mortality

# Benefits of Adequate Sleep

- ◆ Better growth and aging
- ◆ Enhances memory
- ◆ Improves creative problem solving skills
- ◆ Boosts athletic performance
- ◆ Improves mood and interactions with others
- ◆ Increases energy levels
- ◆ Improves immune function

# Play

Activities normally associated with recreational pleasure and enjoyment.

## Active Play

- ◆ Sports
- ◆ Games
- ◆ Dance

## Passive Play

- ◆ Reading
- ◆ Watching a movie
- ◆ Working a puzzle



# Benefits of Play

- ◆ Forms and strengthens social bonds
- ◆ Reduces stress (boosts endorphins)
- ◆ Increases work productivity
- ◆ Improves sleep
- ◆ Improves immune function
- ◆ Gives a better overall quality of life (sense of well-being)

# LEARN

For wisdom will enter your heart, and  
knowledge will be pleasant to your soul.  
**Proverbs 2:10**

- ◆ About God
- ◆ About Yourself
- ◆ About Others
- ◆ About the World

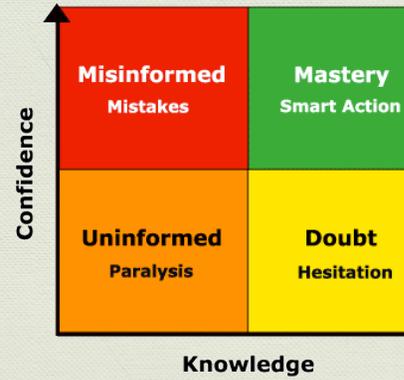


# Benefits of learning

Study to show thyself  
approved unto God.

~2 Tim 2:15~

- ◆ Reduces risks of developing devastating mental conditions
- ◆ Gives knowledge which leads to confidence



# FOCUS

...Whatever is true,  
whatever is noble,  
whatever is right, whatever  
is pure, whatever is lovely,  
whatever is admirable—if  
anything is excellent or  
praiseworthy—think about  
such things.

~**Philippians 4:8**~



# FOCUS

**Think about = dwell upon = meditate on**

- ◆ The uplifting
- ◆ The encouraging
- ◆ The excellent
- ◆ The **beautiful**

# The Importance of Beauty

“A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.”

~Johann Wolfgang von Goethe ~



# God created Beauty

God saw all that he had made, and it was very good.

~Genesis 1:31~

He has made everything beautiful in its time. He has also set eternity in the human heart; ~Eccl 3:11~

For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. ~Romans 1:20~

I will give thanks to You, for I am  
fearfully and wonderfully made;  
Wonderful are Your works,  
And my **soul knows** it very well.

~Psalm 139:14~

# RETREAT

Therefore my heart is glad and my glory  
[my inner self] rejoices; my body too shall  
rest and confidently dwell in safety.

~Psalms 16:9~

- ◆ A place for calming mind and body
- ◆ Somewhere you feel safe and protected
- ◆ Helps restore your soul
- ◆ Is a place for self-examination



# Types of Retreats

## A Place

Your home  
Your yard  
A park bench  
Library  
Church building

## A Person

Friend  
Relative  
Mentor  
Christian brother/sister

## An Activity

Walking  
Biking  
Music  
Prayer

# Retreat to The Lord

The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take **refuge**; My shield and the horn of my salvation, my stronghold.

~Psalm 18:2~

**Be still**, and know that I am God

~Psalm 46:10~

The Lord will fight for you; you need only to **be still**.

~Exodus 14:14~

# Benefits of Retreat

- ◆ Gives you rest, quiets the mind
- ◆ Reduces stress
- ◆ Helps you find new reserves of strength, stamina, inspiration and creativity
- ◆ Serves as a way to reflect on your life
- ◆ Gives the strength to act or make changes
- ◆ Augments our prayer life

# AVOID

- ◆ Sin
- ◆ Toxic substances
- ◆ Negative thinking
- ◆ Unnecessary stress
- ◆ Ugliness and violence
- ◆ **Destructive people**



# Avoid....People?!

- ◆ Is it selfish or “unchristian” to remove toxic people from our life?
- ◆ Toxic people affect our physical, mental, emotional and spiritual health
- ◆ We have a right to protect ourselves from harm

# Toxic People

- ◆ Take and never give in return
- ◆ Constantly complain
- ◆ Gossip
- ◆ Put others down
- ◆ Make others feel guilty
- ◆ Can only criticize

# How to “Avoid”

- ◆ Accept that certain people may not change
- ◆ Be forgiving and forbearing
- ◆ Do not continually put yourself in harm's way
- ◆ Meet needs not expectations
- ◆ Communicate

# PRAY

Pray without ceasing.

~1 Thessalonians 5:17~

## Adoration

*Praising, worshipping God, for Who He is*  
~Matt. 6:9~

## Confession

*Asking God to cleanse us from sin* ~Proverbs  
28:13~

## Thanksgiving

*Believing, acknowledging God's grace* ~Col.  
4:2~

## Supplication

*Our specific prayer requests* ~Phil 4:6~



# The Power of Prayer

- ◆ Forgiveness
- ◆ Strength
- ◆ Opportunity
- ◆ Boldness
- ◆ Wisdom

- ◆ **Peace Peace**
- ◆ **Healing**
- ◆ **Tranquility**

Prayer offers many things. In the context of our physical health it is important to know prayer can lower blood pressure and slow the breathing and heart rate. It reduces feelings of anger and increases feelings of joy.

# LOVE

...love the Lord your God with all your heart,  
and with all your soul, and with all your  
mind and with all your strength...you shall  
love your neighbor as yourself...

**Mark 12:30-31**

Feel Love and Show Love to:

- ◆ God
- ◆ Others
- ◆ Yourself



# We Show Love When We...

- ◆ Obey God and cultivate a relationship with Him
- ◆ Give to others:
  - ◆ compassion and mercy
  - ◆ time and attention
  - ◆ resources
- ◆ Respect and care for ourselves

# Conclusion

# The Ten Healthy Habits

1. Eat
2. Move
3. Sleep
4. Play
5. Learn
6. Focus
7. Avoid
8. Retreat
9. Pray
10. Love



Watch your thoughts, for they become words.

Watch your words, for they become actions.

Watch your actions, for they become habits.

Watch your habits, for they become character.

Watch your character, for it becomes your destiny.

**~Lao Tzu~**