



# 8 signs of a healthy body and mind

The relationship between our mental and physical health is often underestimated, yet the two are closely linked. Stress, for example, can manifest as pain in the body, while physical pain can impact our mood. That's why it's so important to look at our health holistically. Here are eight ways to check in with your health at home.



## Resting heart rate

A lower resting heart rate suggests that your heart is functioning efficiently and is often a reflection of better physical fitness.



## Functional fitness

If you can handle basic activities like climbing a flight of stairs, walking briskly, or carrying groceries without feeling overly tired, it means your cardiorespiratory system and muscles are working efficiently.



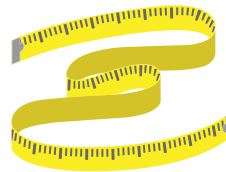
## Regular bowel movements

Research suggests that moving your bowels between one and three times each day is strongly associated with better health outcomes.



## Sleep

Good-quality sleep is essential for your overall wellbeing, impacting everything from physical health to cognitive function and mood.

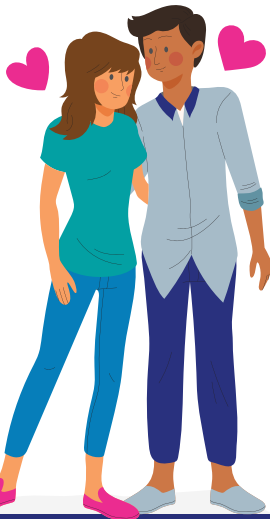
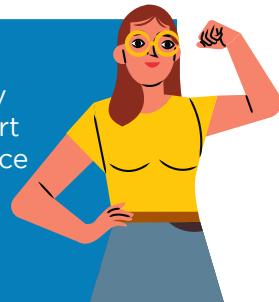


## Waist circumference

A key indicator of health risks associated with obesity and helps assess the amount of fat around the belly.

## Resilience

You can build resilience by strengthening your support system, learning to embrace change, and consciously reframing setbacks as opportunities for growth.



## Healthy relationships

As human beings, we all need community and connection in order to thrive. Healthy relationships are built on honest communication and mutual respect and should make us feel safe and offer love, support, and encouragement.



## Self-acceptance

Having a balanced, realistic view of yourself is important for mental wellbeing. This means celebrating your strengths and talents and treating yourself with compassion, while embracing your imperfections and knowing you are enough.



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