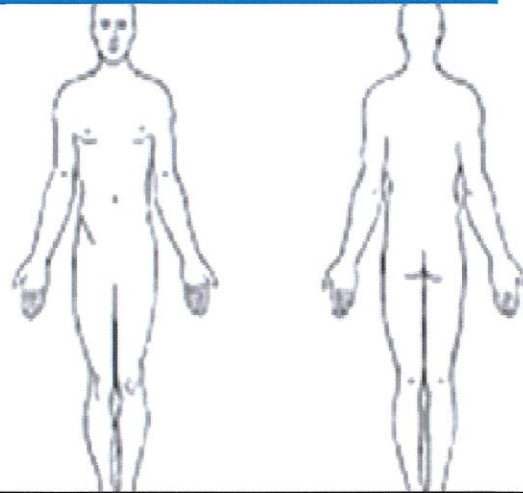


HUMAN BODY

- Knowledge about our own body
- Do we respect our body?
- Do we honour our body?
- If we don't listen to our body, then our body has the last word.



Basic knowledge about our body

Teaching children about their bodies, and how to respect and care for them, should be a top priority for early childhood teachers.

The human body contains nearly 100 trillion cells.

Every hour about 1 billion cells in the human body must be replaced.

The average human head has about 100,000 hairs.

The strongest muscle in the body is the tongue.

Basic knowledge about our body

We blink over 10,000,000 times a year.

The human brain weighs about 3 pounds.

Babies do not shed tears until they are at least one month old.

Only 10% of the population are left-handed.

The human heart beats more than 3 billion times in the average human life span.

Blood makes up about 8% of your total body weight.

Basic knowledge about our body

As you breathe, most of the air is going in and out of one nostril.

Scientists are not exactly sure why we yawn, but it may help regulate body temperature.

Children tend to grow faster in the spring.

One fourth of the bones in your body are in your feet.

Humans are the only animals with chins.

Taking care of our body

- Exercise/ Walking
- Food
- Drinking/ Water
- Breathing/ Air
- Sleeping/ Rest
- Love my body
- Respect my body

Taking care of our body

- Exercise controls weight
- Exercise combats health conditions and diseases
- Regular exercise helps prevent many health problems and concerns
 - Stroke
 - High Blood pressure
 - Type 2 diabetes
 - Depression
 - Anxiety
 - Many types of cancer
 - Arthritis, etc.

Benefits of physical exercises

Exercise improves mood

Exercise boosts energy

Exercise promotes better sleep

Exercise strengthens your bones and muscles

Increases your chances of living longer

Exercise can make you feel happier

It can reduce your risk of chronic disease

It can help your brain health and memory

What is a balanced diet?

Importance of balanced diet

- It's a diet that offers the nutrients to help your body function properly.
- The importance of diet lies in the intake of the right amount of calories.
- Your body gets the right nutrition when you consume a wide variety of food rich in calories such as fresh fruits and vegetables.

What falls under a balanced diet?

A balanced diet includes some specific healthy food groups such as:

Vegetables - leafy greens, beans and peas, red and orange vegetables and others like eggplants.

Fruits that include whole fruits, fresh or frozen fruits but not canned ones.

Grains such as whole grains and refined grains. For example, quinoa, oats, brown rice, barley, etc.

Protein such as lean beef and pork, chicken, fish, beans and peas.

Dairy products such as low-fat milk, yogurt, cottage cheese and soy milk etc.

Benefits of drinking water

Water is essential for your health

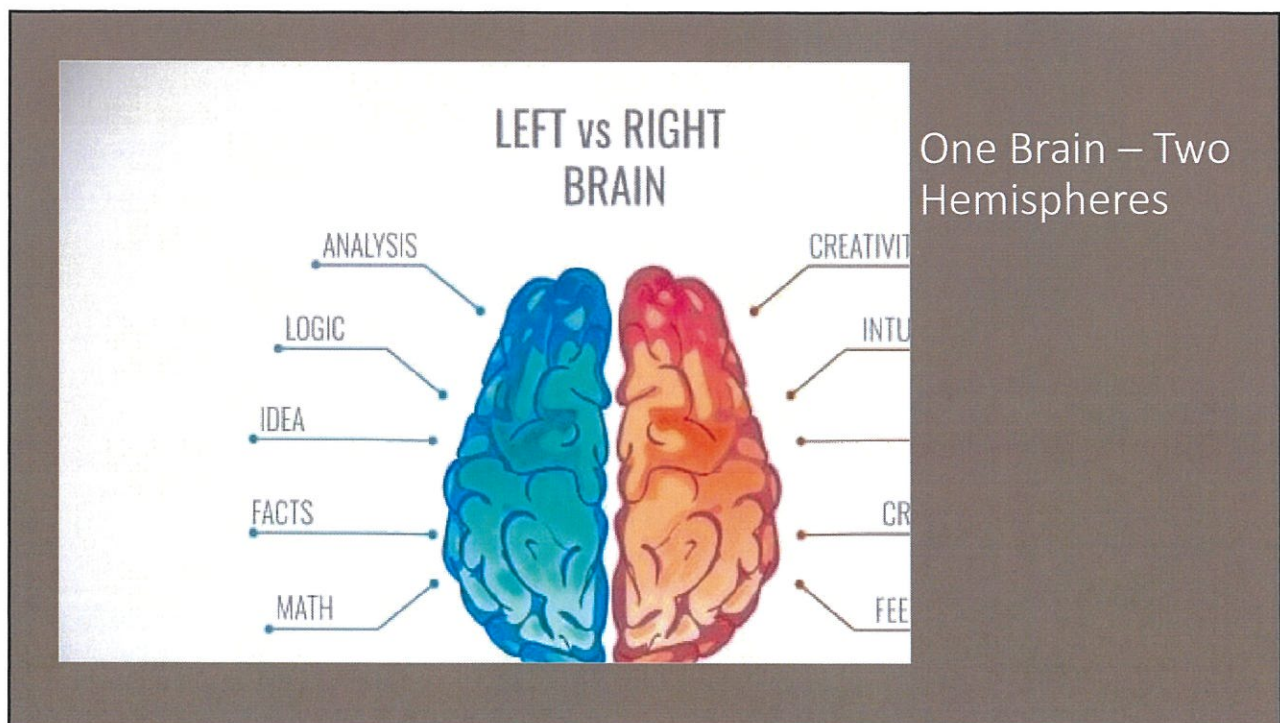
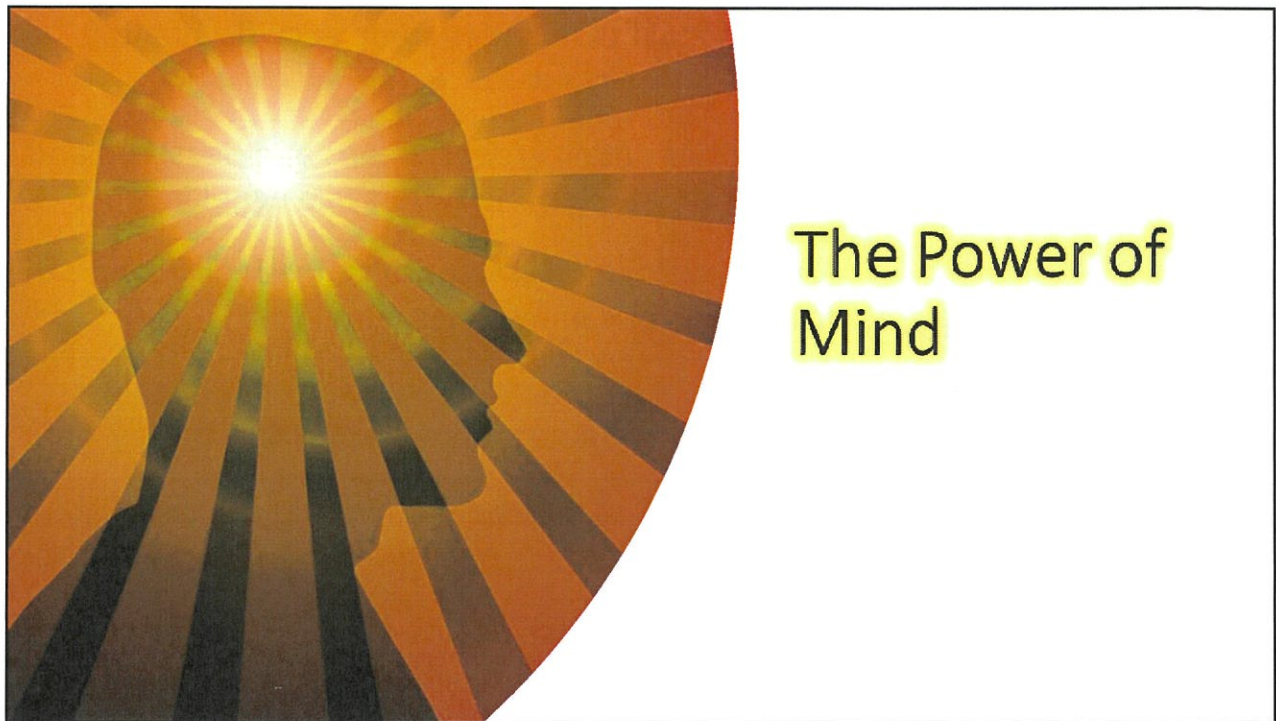
- Flushing out waste from your body
- Regulating body temperature
- Helping your brain function

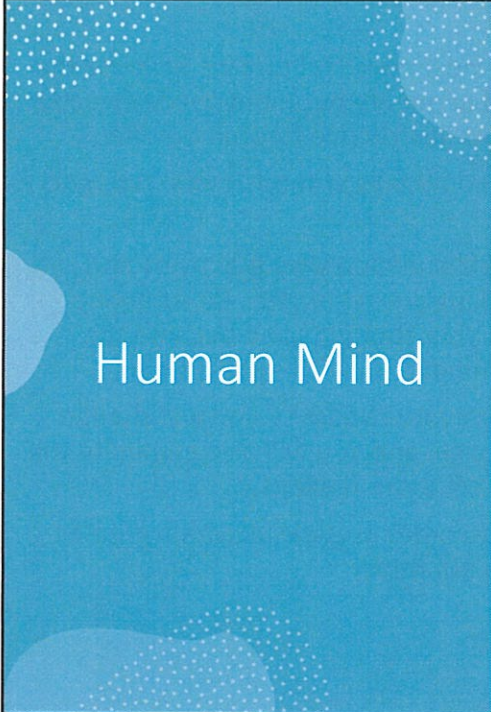
It helps create saliva.

It regulates your body temperature.

It protects your tissues, spinal cord and joints.

It helps excrete waste through perspiration, urination, and defecation.




A blue graphic with the text "Human Mind" in white. The background features abstract blue shapes and white dots.

Human Mind

What is mind? The elements in an individual that feels, perceives, thinks, wills, and especially reasons.

Is your mind and brain the same thing? Mind is associated with the brain. Brain is considered to be a physical thing, the mind is considered to be mental.

The brain is composed of nerve cells and can be touched whereas, the mind cannot be touched.

A blue graphic featuring a silhouette of a human head in profile with a brain inside, set against a circular background with a splatter effect.

Human mind

- **What is the connection between brain and mind?**
- The brain is the central processing unit of the body and plays a key role in translating the content of the mind which are your thoughts, feelings, attitudes, beliefs, memories and imagination.
- The brain is an organ but the mind is not.
- The brain is the physical place where the mind resides.
- The mind is the manifestations of thought, perception, emotion, determination, memory and imagination that takes place within the brain.

How to control our thoughts and be the master of our mind?

- Our mind is the most powerful tool we have for the creation of good in our life but if not used correctly, it can be the most destructive force in our life.
- The average person thinks around 70,000 thoughts a day. That's a lot.
- So, choose to be the person who is actively and consciously thinking your thoughts. Be someone who can control your thoughts and become the master of your mind.
- When you change your thoughts, you will change your feelings as well, and you will also eliminate the triggers that set off those feelings.
- Both of these outcomes provide us with a greater level of peace in our mind.

How to control your thoughts?

Before we can become master of our mind, we must recognize that we are currently at the mercy of several unwanted thoughts already living in our mind. They are in control of our thoughts.

It is called the **inner critic**. For example:

- Other people's words – many times our parents' words.
- Thoughts we have created based on our own or other peoples' expectations.
- Comparing ourselves to other people, including those in the media.
- The things we have told ourselves as a result of painful experiences, such as betrayal and rejection.

How to control our thoughts?

This inner critic is motivated by pain, low self-esteem, lack of self-acceptance, lack of self-love.

Why would we allow this person to abuse us?

And since this person is ourself, why would we abuse ourselves?

Why would we let anyone treat us so badly?

In fact, our past has no power over the fabulous future we create today.

How to control our thoughts

The Worrier

- This person lives in the future – in the world of “What if”.
- The worrier is motivated by fear which is irrational and has no basis.
- The worrier is worried that what happened in the past will happen again.

The Reactor or The Troublemaker

- This is the one that triggers anger, frustration and pain.
- These triggers stem from unhealed wounds of the past.

How to master our mind?

We are the thinkers and the observers of our thoughts.

We can control our thoughts, but we must pay attention to them so we can identify “who” is running the show – this will help us determine which technique we want to use.

Begin each day with the intention of paying attention to our thoughts.

There are two ways to control our thoughts:

- Technique 1. Interrupt and replace them
- Technique 2. Eliminate them altogether

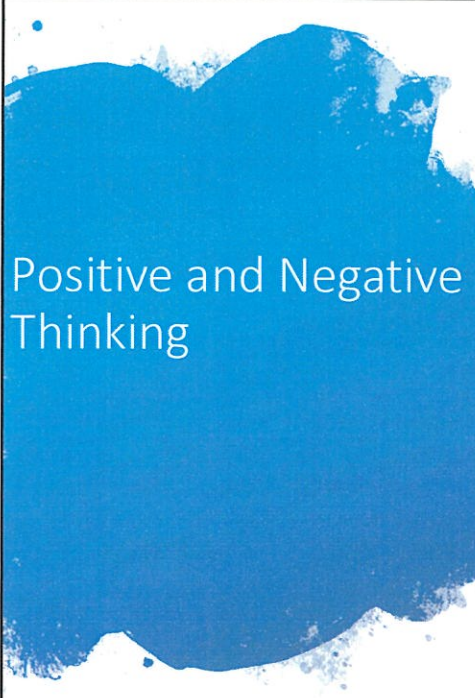
Use Technique 1 with the inner critic and worrier

When we catch ourselves thinking something negative about ourselves, interrupt it.

For example: “Stop! No!” or “Enough! I am in control now.”

Whatever our negative thought was about ourselves, replace it with an opposite – an affirmation that begins with “I am.”

For example: If our thought is, “I am such a loser,” we can replace it with, “I am son or a daughter of God the Father, and I am a perfect spiritual being, and not a loser.”



Positive and Negative Thinking

Positive thinking is the practice of focusing on the good in any given situation.

This doesn't mean that we ignore reality or make light of problems.

It simply means that we approach the good and the bad in life with the expectation that things will go well.

Benefits of Positive Thinking:

- Longer life span
- Lower chance of having a heart attack
- Better physical health

Benefits of Positive Thinking

Greater resistance to illness such as the cold

Lower blood pressure

Better stress management

Better pain tolerance

The Mental Benefits may include:

- More creativity
- Greater problem-solving skills
- Clearer thinking
- Better coping skills
- Less depression

Negative Thinking

Negative thoughts can impact our mood, mental health and even our life, but we can break the cycle.

Sometimes we can think ourself into a problem that is not actually as burdensome as it may feel.

It is very common to have “unhelpful thoughts”.

Unfortunately, not everyone becomes aware of their own thinking patterns, and they repeat thinking styles which are not helpful.

Becoming aware of any unhelpful thoughts is a great step to making some really positive changes in our life.

Effects of Negative Thinking

Dr. Caroline Leaf proposes that 75% to 98% of mental, physical, behavioural illnesses come from one’s thought life.

According to WHO, heart diseases still have remained the leading cause of death all over the world.

Many types of negative thoughts:

- Self-criticism
- Irrational fears
- Unwanted thoughts about previous bad experiences
- Unfortunately, it is very common for others to tell us things like “Why can’t you just think positively,” “Can’t you just be happy,”

How do we live a balanced life during this pandemic?

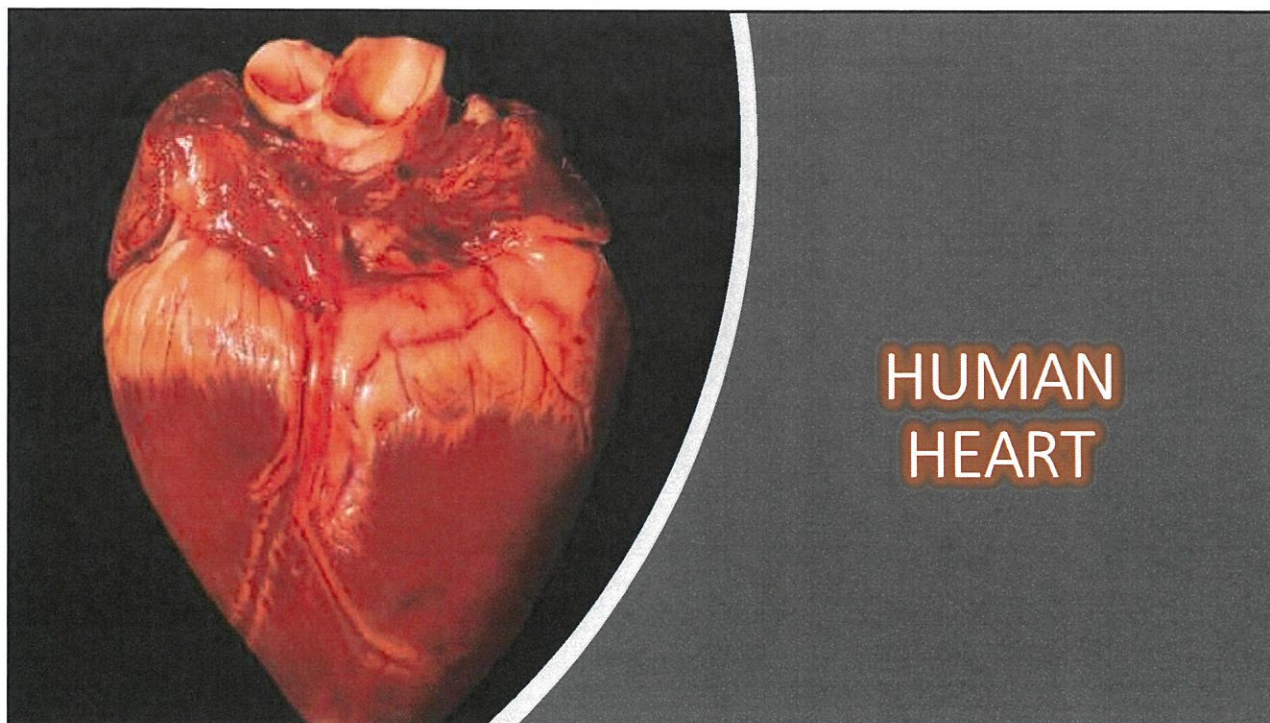
No one is immune from distress or anxiety or depression.

First, it is okay that I am struggling with something and need help.

Let us remember that we are all resilient people.

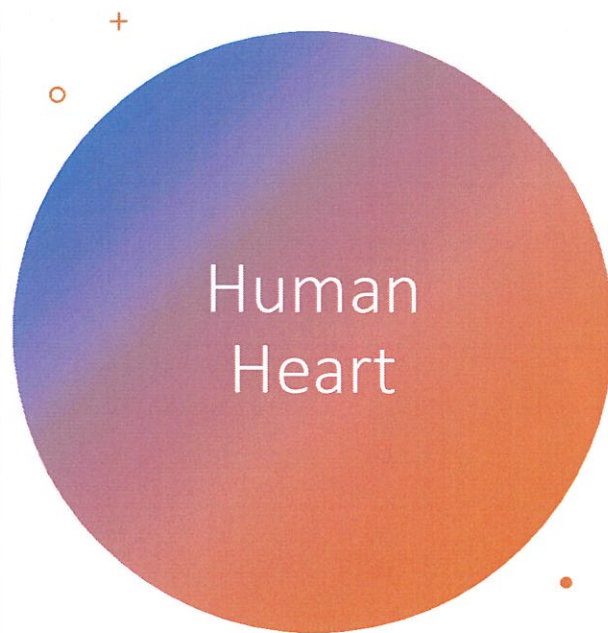
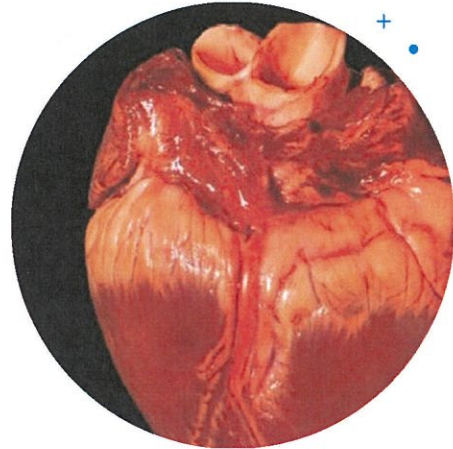
Resilience is the capacity to face, overcome and be strengthened by and even being transformed by an experience.

Resilience is a dynamic process, and it varies from person to person.

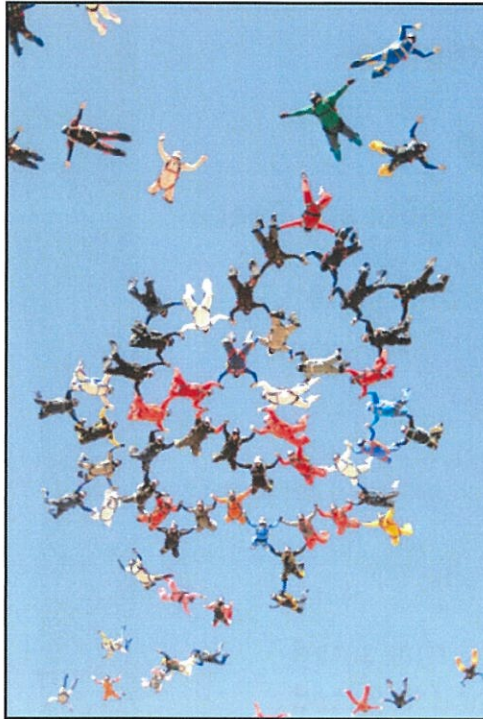


Human Heart

- A hard heart is a closed heart. So it can't receive.
- A hard heart inevitably becomes a barren heart.
- Harden not your hearts, says the psalmist in Psalm 95.
- From a spiritual point of view, hardness of heart is one of the worst things that can happen to anyone.
- God longs for our hearts and is continually calling us into communion with him and with one another.



- Jesus said that a kingdom which is divided cannot stand.
- Each of us is a divided kingdom – we are part light and part darkness.
- Everyone is a mixture of light and shadow, good and evil.
- Each human heart is a divided kingdom.
- If the heart was completely unified it would make life very simple.
- There is a war going on inside us, between good and evil.
- This is what St. Paul said, "I do not understand my own own behaviour; I fail to carry out the things I want to do, and I find myself doing the very things I hate." (Romans 7:15)



How to handle our own emotions?

- Be honest
- Talk to somebody about our feelings
- Don't ignore our emotions, they are telling us something.
- Find positive ways to express our anger that are not hurtful to others.
- Try not to get overwhelmed, things usually improve.
- Remember, whatever we are feeling, we are not alone.
- Seeking help is not a weakness, rather it is a strength.

Emotions of Jesus

Jesus had compassion for the people.

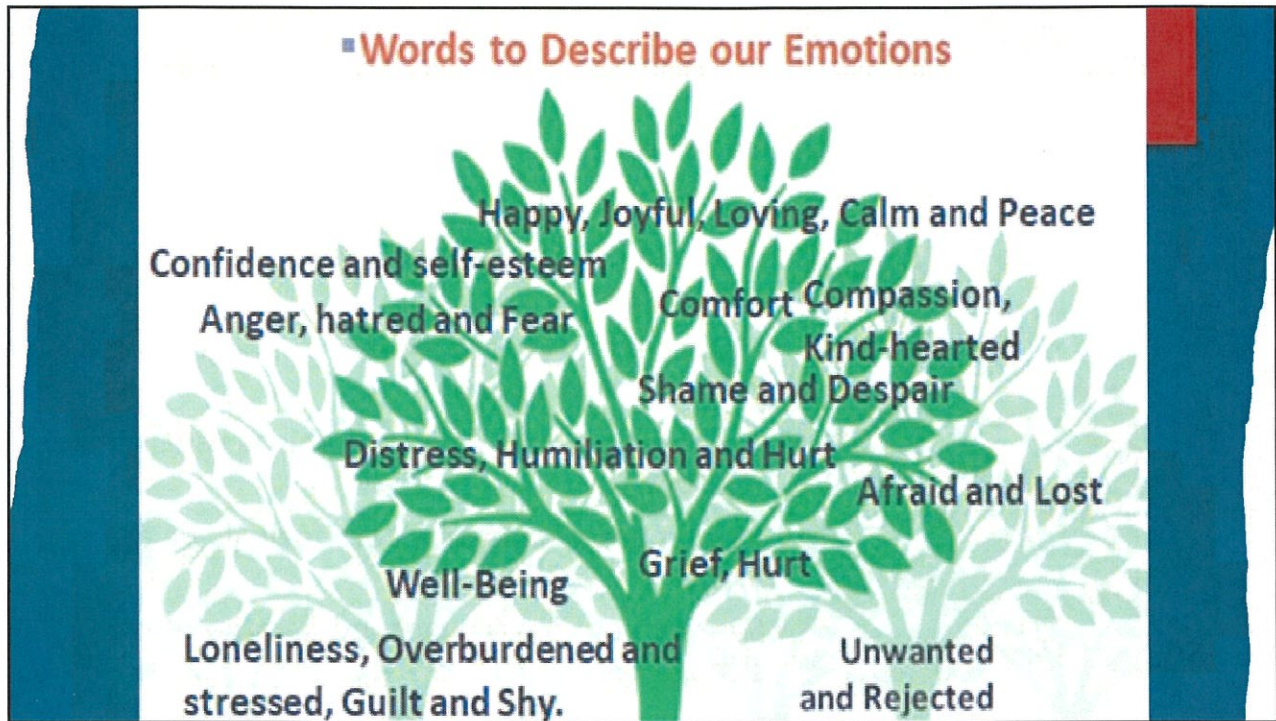
Jesus was angry, troubled, greatly distressed, very sorrowful, depressed, deeply moved and grieved.

Jesus wept for his friend (John 11:35), sobbed, he groaned.

Jesus was in agony. He was surprised and amazed.

Jesus rejoiced greatly and was full of joy.

Jesus felt rejected and abandoned.



Grief and Loss

What is attachment? It reflects our desire as human beings to develop strong bonds of affection.

What is loss? Loss is a state of being deprived of something that was once available and important and now is gone.

We experience many losses in life. But all losses impact us physically, mentally, emotionally and spiritually.

What is grief? Grief is the feelings and behaviours manifested following a loss.

Grief is a process, not a problem. It is an essential and healthy coping process in response to loss.