

# YOUR HEALTH IN A TIME LIKE THIS



***Dr Mangibo Daniel***

- "Your Health in a Time Like This."  
As we gather here, it's evident that we are facing unprecedented challenges globally, and Nigeria is no exception. Amidst these challenges, it becomes imperative for us to prioritize our health holistically: physically, mentally, and spiritually.



- ❑ **Physical Health:** Our bodies are temples of the Holy Spirit, and it is our responsibility to take care of them (1 Corinthians 6:19). In the current scenario, where threats like chronic lifestyle diseases loom large, maintaining physical health takes on added importance.
- ❑ Heart disease remains a leading cause of mortality globally, with risk factors including hypertension, high cholesterol, diabetes, obesity, smoking, and sedentary lifestyles. Many of these risk factors are prevalent among Nigerians, yet often go undetected due to a lack of symptoms.
- ❑ Three out of every ten adult Nigerians have high blood pressure, many of whom are unaware of their hypertensive status and only about 7% of hypertensive subjects in studies have been shown to achieve effective blood pressure control in Nigeria and other Sub-Saharan African countries.

**Make a smart  
choice to eat  
healthy.**

**These foods boost your immune system,  
giving you more energy to fight disease.**





**Eat Smart, Be Smart.**

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- At a time like this I urge all of us to take proactive measures to safeguard our cardiovascular health:

Here are some practical steps we can take:

- **Know the Warning Signs:** Familiarize yourself with symptoms of cardiac distress, including chest pain (do not ignore left-sided chest pain, in particular) breathlessness, nausea, vomiting, dizziness, and fainting. Seek medical attention immediately if you experience any of these symptoms.

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- **Nutrition:** Let's ensure we consume a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Adequate nutrition strengthens our immune system.
  - **Exercise:** Regular physical activity not only keeps our bodies fit but also enhances our mental well-being. It could be as simple as a brisk walk, yoga, or home workouts.
  - **Sleep:** Adequate sleep is an integral part of a healthy lifestyle. Quality sleep has a lot of health benefits (6-8hrs per day)



**Regular Screenings:** Know your family history. Take steps to manage conditions like hypertension, high cholesterol, and diabetes. Schedule routine health check-ups to assess your cardiovascular risk factors. Early detection enables timely intervention and prevention of sudden deaths.


❑ **Adopt Healthy Habits:** Prioritize physical activity, maintain a diet rich in fruits and vegetables, avoid smoking, limit alcohol consumption, ensure good hydration, drink plenty of water, manage stress, and stay calm and relaxed. Importantly, know your limits.

❑ **Follow Medical Advice:** If diagnosed with a heart condition, take medications as prescribed and follow your doctor's advice. Avoid situations that may exacerbate your condition, including excessive excitement.

❑ **Raise Awareness:** Educate family members, friends, and colleagues about the importance of cardiovascular health and the warning signs of cardiac emergencies.

❑ **Emotional events** can trigger arrhythmias, heart attacks, and strokes in those with underlying heart conditions. I urge you to avoid getting overly excited.

❑ Remember to maintain a good posture , sitting comfortably with sufficient back support, take breaks as necessary and manage heightened emotions and



**Mental Health:** Our mental well-being is just as crucial as our physical health. The uncertainties and stresses of life, compounded by external factors like the current economic crisis can take a toll on our minds. It's essential to address mental health proactively:

- **Seek Support:** Don't hesitate to reach out to friends, family, or mental health professionals if you're feeling overwhelmed or anxious.
- **Practice Self-care:** Engage in activities that bring you joy and relaxation, whether it's reading, painting, gardening, or spending time in prayer and meditation.
- **Limit News Consumption:** While staying informed is crucial, excessive exposure to negative news can fuel anxiety. Set boundaries for consuming news and prioritize positive sources of information.

# 12 Mindfulness Exercises



Body Scan Practice



Mindful Eating



Dance A Little



Shaking Meditation



Mindful Breathing



Walking Meditation



Sitting Meditation



Gratitude List



Yoga



Music Meditation



Mindful Intention Setting



Connect To Your Senses

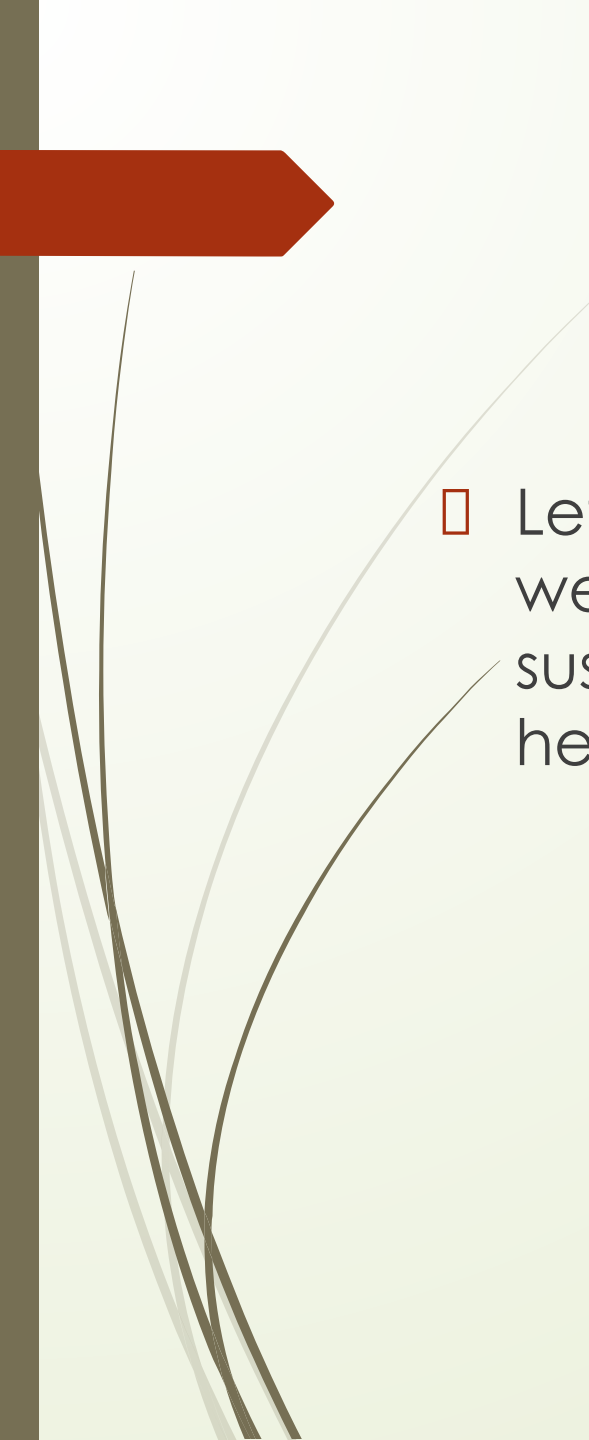


- ❑ **Spiritual Health:** As believers, our spiritual well-being forms the cornerstone of our overall health. Nurturing our relationship with God strengthens us from within and provides the resilience to face life's challenges:
- ❑ **Prayer and Meditation:** Spend time in prayer and meditation daily. It helps to center our hearts and minds on God's presence and His promises.
- ❑ **Scripture Study:** Regularly immerse yourself in the Word of God. Scripture provides guidance, comfort, and strength for every situation we encounter.
- ❑ **Community Engagement:** Stay connected with the church community. Fellowship with fellow believers provides encouragement and support in difficult times.





- In conclusion, as we navigate through these turbulent times, let's remember that our health – physical, mental, and spiritual – is a precious gift from God. By adopting healthy habits and nurturing our bodies, minds, and spirits, we honor God and equip ourselves to serve Him effectively in every season of life.

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- Let's commit ourselves afresh to prioritize our health and well-being, trusting in God's provision and grace to sustain us through every trial. Together, let's strive to be healthy vessels, ready for the Master's use.



**THANK YOU**