

- Health

Benefits of a healthy mind and body

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DURING the Covid-19 pandemic, most students have been using the online platform to join classes.

One thing that students forget and maybe don't care too much about is their mental and physical health.

This is because they are too busy dealing with online classes and assignments, and in the process end up neglecting some aspects of their health.

What should be done then? Perhaps something they could practice is have a schedule for all activities, such as eating according to a set time, having adequate sleep and engaging in physical activity.

Eating according schedule is important so the stomach has enough time to process and digest food. Avoid eating in the middle of the night or before sleeping as much as possible, because the stomach needs time to process the food.

Adequate sleep will also give energy to our bodies to do our daily activities. To put it in another way, adequate sleep has nothing to do with the length of sleep, but rather the quality of sleep.

One of the recommended practices is Qailullah or power napping, which is a short nap before Zohor (around noon). Although just momentary, it will re-energise the body and allow us to be more active.

Meanwhile, physical activity should also be done to maintain our fitness. Physical activity does not necessarily mean that one has to go to the gym, as it can also be done at home or around residential areas. The easiest activity to do consistently every day is to walk for at least 30 minutes.

We will become healthy because the sweat that comes out is caused by fat burning due to the physical activity. There is also a perception that a healthy body will produce an intelligent mind.

Therefore, it is very important for us to take care of our physical and mental health so that we can properly carry out our responsibilities.

With the maintenance of physical health, mental health is also guaranteed. It all depends on us how we plan on having a healthy and quality lifestyle to lead to that.

MUHAMMAD IZZAT MOHAMAD International Islamic University Malaysia