



Physical and Mental Health Work Together for Wellbeing

KS3 CITIZENSHIP

Ages 11-14 ⌚ 3 min read

What Are Physical and Mental Health?

Physical health means keeping your body strong and working well. It includes eating nutritious food, exercising regularly, getting enough sleep, and visiting the doctor when you're ill. **Mental health** is about your feelings, thoughts, and emotions. It means managing stress, feeling happy most of the time, and having good relationships with people around you.

Both types of health are equally important. You can't really have one without the other working well too.

How They Work Together

Your body and mind are connected in amazing ways. When you exercise, your brain releases special chemicals called **endorphins** that make you feel happy and calm. When you're stressed or sad, your body can feel tired and your immune system gets weaker, making you more likely to catch colds.

Think of it like a phone and its battery. The phone (your body) needs a charged battery (mental health) to work properly. But the battery also needs the phone to be used correctly, or it will drain quickly.

Why Physical Health Matters

A healthy body gives you energy for school, sports, and spending time with friends. Regular exercise strengthens your heart, bones, and muscles. Good sleep helps your brain focus in lessons and remember what you learn. Eating healthy food provides fuel for your body and brain to work at their best.

Why Mental Health Matters

Your mental health affects how you feel about yourself and how you treat others. When your mental health is good, you can handle problems better, concentrate at

school, and enjoy activities you love. Feeling sad, anxious, or lonely sometimes is normal, but if these feelings last a long time, it's important to talk to someone you trust—like a parent, teacher, school counsellor, or doctor.

Think of it like a plant. The plant needs sunlight and water (physical care), but it also needs the right temperature and protection from pests (mental peace) to grow beautifully.

Looking After Both

You can improve your health by: being active, eating balanced meals, sleeping **7-9 hours** each night, spending time with people you care about, doing activities you enjoy, and talking about your feelings. If you're struggling, remember that asking for help is a sign of strength, not weakness. Teachers, parents, counsellors, and doctors are all there to support you.