

**Course Name - Bachelor of Physical Education**

**Year – IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Relationship Between Body and Mind**

**Topic No. - Sec - B (4)**

**Paper No. - IInd**

**Lecture No. - 5**

**Lecture Title**

**Relationship Between Body & Mind**

**FAQ's**

**Q.1: Write a short note on the body and mind.**

**Answer:** The mind is about mental processes, thought and consciousness. The body is about the physical aspects of the brain-neurons and how the brain is structured. Many theories have been put forward to explain the relationship between what we call mind (defined as the conscious thinking 'you', which experiences your thoughts) and your brain (i.e. part of your body).

**Q.2: Briefly explains the role of thoughts.**

**Answer:** “There is nothing either good or bad, but thinking makes it so.”

Shakespeare

Life presents lots of situations which can be perceived as threatening and trigger the stress response. Our thoughts and judgements about situations have a very important role, determining whether this stress response is triggered or not.

**Q.3: Explain any positive links between your mind and body**

**Answer:** The mind-body relation does not only have bad effects on our physical and emotional state. It can also have good effects. You may recognize some of the examples below.

**Relaxation**

When you get a chance to relax, such as having a bath, sitting in the sun, listening to a calming piece of music or practicing meditation, you may notice changes in your emotional state such as feeling less tense and more at ease. There are also changes that happen in your body such as your heart beating slower, your breathing slowing down and your blood pressure going down.

**Q.4: How does the physical factor feeling down effect our body.**

**Answer:** Feeling down or depressed can have effects on your body. Fatigue, poor sleep, changes in appetite as well as increased aches and pains are all associated with feeling down and depression.

**Q.5: How do the stress hormones effect our body?**

**Answer:** The body's stress hormones, which include adrenaline and cortisol, are designed to have a short term effect, giving us enough physical energy and strength to get out of dangerous situations. However, when these hormones are released frequently, they are thought to have a long term effect on the body, affecting how it works as a whole. This may make it harder for the body to keep all of its organs and systems working as they should.