

FEBRUARY  
2022

# MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



# TAKE CARE OF OUR BODY

## FIVE WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Many of us have a hard time accepting that what happens to us in the body affects the mind and that what happens to the mind affects the body. Harvard University and other prestigious universities have been proving it for more than 40 years.



**We have an example in physical exercise.** Doing half an hour of physical exercise every day not only keeps our body in shape and serves to prevent diseases (cardiovascular diseases, chronic diseases, obesity, cancer, Alzheimer's, etc.) but also has a huge impact on our mental health. It has been shown that it represents a protective factor against depression, anxiety, stress reduction, improves cognitive abilities, social skills, self-concept and resilience. (Barbosa y Urrea, 2018).

**To get enough rest.** Sleeping is even more important than eating, but we often look at it as a waste of time. It is advisable to sleep at least 7 hours a day. Failing to do so can affect your immune system, digestive tract function, memory, and efficiency. In addition, it consolidates what you learned during the day. One of the problems of modern society is that we do not take rest periods seriously. Finding some time throughout the day to take small breaks is also important, even if it's only 4 or 5 minutes to take a short walk, listen to some music or simply sunbathe... if not, the body suffers.

**To practice relaxation or mindfulness.** Stress level is alarming in our society. We go everywhere very fast, we are installed in the doing, the more the better. We are very demanding with ourselves, worried about work, family, the future... we should make an effort to stop a little, stop, stop our mind so that it does not lead us to anxiety and depression. With the practice of mindfulness, we manage to stop the noise of our mind, helps us to cultivate our inner self. It has been shown that the practice of mindfulness manages to reduce heart rate, anxiety, increases attention span and memory, favors rest, increases brain oxygenation, increases the sense of control over oneself and favors the presence of the here and now.

**Keep in touch with your loved ones:** Friends, relatives... socialize. The importance of connection must be emphasized. Loneliness is very harmful; it is a very important health risk. When a person feels surrounded by loved ones, an unconscious part of the parasympathetic nervous system is activated, which has the ability to improve sociability, improve a person's intelligence, and even reduce the risk of getting diseases.

**People who speak in a positive way are able to reset their brains through neural plasticity.**

Santiago Ramón y Cajal had already sensed this neuroplasticity. New neurons can be formed from stem cells and new neuronal circuits. Thinking has the ability to alter our brain structure. A person with enthusiasm despite the circumstances, is releasing factors in the brain that makes him a more intelligent, more creative and more capable person. Richard Davidson has shown that a person in a meditative state through



imagination that begins to bring positive thoughts to mind, begins to reduce the size of the amygdala, where the center of fear is. However, a person who wallows in negative thoughts produces the release of cortisol, which passes to the brain, which, with glutamate, activates the apoptosis gene and neurons begin to die.

Here we have pointed out five, there are more. The more you practice, the better. If you need guidance, we are at the Intellect Center to help you.

By : Rocío Martínez Linares. Psychology student.

<https://www.youtube.com/watch?v=eGVWRvNe1-A>

[https://www.youtube.com/watch?v=-gJ\\_\\_l2Zbxo](https://www.youtube.com/watch?v=-gJ__l2Zbxo)

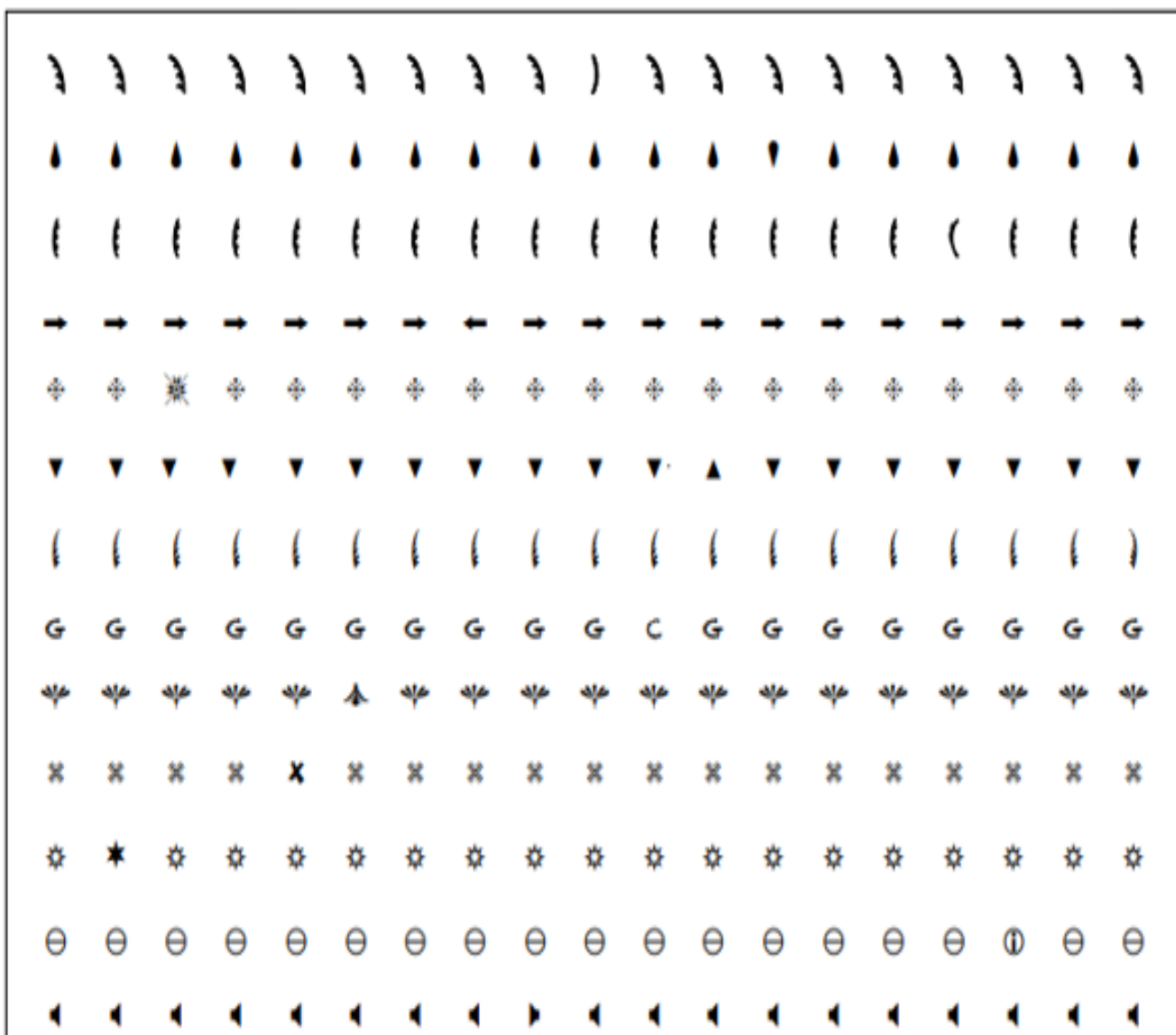
<https://www.youtube.com/watch?v=26cZM3Njl7Q>

# TAKE CARE OF OUR MINDS

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40	57	44	57	58	59	47	68	63	67	53	68	45
60	49	59	56	50	57	58	57	58	59	48	43	59
57	58	59	42	65	62	39	66	41	54	57	58	56
64	51	46	57	52	55	57	58	59	61	57	58	61

Circle the different shape in each row



# TAKE CARE OF THE ENVIRONMENT

## **Awakening to greater sensitivity with the common house.**

*The care of the Common Home has recently been made explicit. This dimension requires a deep interior conversion of all, it supposes a project of love and respect for the house that we constitute and where we live together.*

## **Concern for the protection of the environment is something that was not on the agenda of the Catholic Church, until a few years ago.**

Ecological concern is relatively recent in our civilization, which until recently seemed to set no limits to so-called progress. We were convinced that enlightened modernity was capable of fueling unlimited growth. Ecological awareness is not obvious to this civilization.

It is necessary to develop a complex process in which the optimism of unlimited progress that the previous generation had is cut off.

## **We are moving towards a greater sensitivity on the protection of the environment.**

The element of caring for the environment has been introduced as one of the essential dimensions for justice and reconciliation. Reconciliation with God also leads to reconciliation with human beings and with the planet. What is new is the urgency that this issue acquires for humanity. Either we act now or we put ourselves at risk as humanity. If we are not aware that we must change course, we are heading towards an undesirable outcome.

## **How to promote educational centers and youth movements, in defense of the environment?**

How to take good advantage of natural light, ventilation and water in the facilities must be studied. For the education of students, it is clear that it is not the same to teach them in a school that does not take these elements into account than in another that does. It is necessary to make decisions that lead us to a different lifestyle.

Another initiative to highlight is the Ecological Film Festival, which is now in its tenth edition and is promoted by Educate Magis. Its objective is to make young people aware of environmental problems through the creation of videos. Students from all over the world between the ages of 13 and 21 participate. Also is very interesting the path taken by the Red Cloud School in the United States, located on an Indian reservation, which has begun to host a weekly farmers' market in order to connect students with the food system and build a healthier community. Many schools will benefit from this experience, because the Red Cloud offers resources to help guide any school looking to establish a farmers' market.



**In the encyclical *Laudato si`*, the pope introduces the concept of “integral ecology” by warning that “the analysis of environmental problems is inseparable from the analysis of human contexts” [1].**

The starting point to reach integral ecology is in the search for social justice and in the promotion of human dignity and the value of each person as a child of God. The first impact comes from poverty and the search for its causes in structural injustice, where the question of environmental balance necessarily enters. There cannot be justice if there is no environmental justice.

As Pope Francis has done in other occasions, in his encyclical letter he highlights that we are not facing an ecological crisis, but rather we are facing a socio-environmental crisis. If the social and political problems are not solved, solutions to the ecological problem cannot come. We must understand this issue as a complex reality in which the economy is connected with the human, politics with affectivity and ecology. The problem cannot be solved without a global approach.

#### NOTE

[1] Pope Francis, *Laudato si`*, 24 May 2015, n. 141.

<https://www.youtube.com/watch?v=bsHPvJBSxUE> Deep ecology

# TAKE CARE OF THE SPIRIT

## *Acceptance of the mysterious*

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In your old age doors should be opened to the limitations, misery, hardship, and disease. There is a loss of physical energies and lessening of the personal and social influences. The physical and mental strength decreasing. The limitations are felt. You feel more a particular loneliness.

But the danger of old age is to lock yourself in the negative close horizons, close possibilities. Believe that life no longer makes sense, believe that nothing is done and that oneself is good for nothing, and forget that we can cement our own human and spiritual fulfilment in the fullness of years.

Like any time of life, old age needs integrity, truth, confidence, overcoming, and sacrifice.

All those positive attitudes can't turn them off the many years of life.

Our life passes from a past more or less remote to a present. Goes from a before to a now and it advances, runs and flies towards the unknown and towards the future.

Today 's society looks at old age with a restrictive look, because they only see in it a lack of vitality, a lack of security, lack of clairvoyance and lack of a future.

The productivity required and claimed by a so industrialized and economic society, which establishes its wellbeing in material goods, more suited to satisfy the tendencies and desires of young people or mature, manifests itself clearly absent from the subjects who embody the group of elders.



They forget the traits of plausible validity; the existential realities from a prism of overcoming. That's why their approaches, in old age, breathe a certainty fixation towards the values that are not only material.

In old age, it is time to empty oneself from the objectives, goals by which men live, fight, triumph and they fail. The elderly see that they need an existential reorientation. They see that there are values that society does not appreciate, but which are essential to truly living. Go on seeing the need to overcome the experiences that are only earthly and the acceptance of the mysterious eternal.

When life slides gently into the sunset, the protagonists of this new discovery detect that the life they live do not end with the years, and that there is also eternity.

They begin to understand that the last phase of existence human existence is not a phase that tears, that destroys or annihilates the life that has been lived, but a springboard that connects with another life that comes, that you want it to come and it needs to come.

The elderly are aware of their physical decline. physical, mental, organic, which demands an absolute dependence of others. They know they are stepping on the last stairs of its ascent.

Every person who lives his old age from the faith believes that his old age is not a blind fall into the abyss of total, absolute and definitive disappearance.

"Old age, just a sunset? Federico Elorriaga sj

### **We read, we reflect, we share:**

What does the text tell me?

What learnings do I get from it?





Sisters of Charity of  
Santa Ana

Your opinion is important to us:  
If you want to give us ideas, if we can improve something ... tell us!  
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