

# EMOTIONAL HYGIENE

Hannah Grindeland RN, BSN, CCRN  
Based on a presentation by Guy Winch, PhD

# Body Over Mind

- We often show favoritism for our body over our mind
- Psychological injuries are sustained far more frequently than the physical
  - *Injuries such as failure, loneliness, rejection and negative self-talk*

*We often say to ourselves “Its only in your head, just get over it”, when we experience sadness or depression. If someone injured our shoulder, we would never say “Its only in your arm, get over it.”*

It is time to close the gap  
between physical health  
and mental health

-Guy Winch

# Loneliness

- Loneliness as the potential to create deep emotional wounds
- It has the ability to kill
  - *Premature death is increased by 14% in those who suffer from chronic loneliness*
  - *Loneliness elevates blood pressure, increases cholesterol levels and suppresses the immune system*
  - *Chronic loneliness can be as detrimental to our longevity as cigarette smoking*

# Failure

- Each person reacts differently to failure
  - *Many people give up too soon, or may not try at all due to the limitations created in our mind*
  - *It is vital to know your personal reaction to failure in order to overcome setbacks*
- Many people function below their potential
- Our mind is difficult to change once we label ourselves incapable

# Rejection

- Rejection often leads to analysis of shortcomings
  - *Negative self-talk can cause significant damage to our well-being*

*Treat yourself with the same compassion as a good friend would treat you with when you experience the emotional pain of rejection*

# Rumination

- Rumination is defined as a compulsive focus on one's own negative thoughts by replaying upsetting events in our mind
- It may become habitual in nature and lead to poor health outcomes such as
  - *Depression*
  - *Alcoholism*
  - *Eating disorders*
  - *Cardiovascular diseases*

*A simple two minute distraction can break the cycle of negative thinking*

# Practice Emotional Hygiene

- Life expectancy rose by 50% within decades by the practice of personal hygiene
- The practice of emotional hygiene has the potential to dramatically increase our quality of life
- We can thrive and become more resilient if we take the time to care for the mind as well as we care for our body



**I'M TRAPPED**

**IN A GLASS CAGE OF EMOTION**

quickmeme.com

# Healthy Recipe

## Herbed Egg Whites & Feta on English Muffins

### Ingredients:

Cooking spray

1 1/2 quarts purchased egg whites

1 1/4 cups half-and-half

1 teaspoon salt-free Mrs. Dash

1/4 cup finely chopped fresh basil leaves

1/3 cup finely chopped fresh chives

1/4 cup basil pesto

1/4 cup olive oil

3/4 cup crumbled feta cheese

12 whole-wheat English muffins, split



### Directions:

- Arrange a rack in the middle of the oven and heat to 350° F. Generously coat 1 (13x18-inch) rimmed baking sheet or 2 (9x13-inch) baking dishes with cooking spray; set aside.
- Whisk together the egg whites, half-and-half, and seasoning in a large bowl. Stir in the basil and chives. Pour the egg white mixture into the prepared baking sheet, or divide between the 2 (9x13-inch) baking dishes.
- Bake until the egg whites are set and lightly browned around the edges, 18 to 20 minutes for the baking sheet, or 12 to 15 minutes for the baking dishes. Let cool for about 5 minutes, or if not serving immediately, cool completely. Using a large biscuit cutter or drinking glass (roughly the same size as your English muffins), cut the eggs into rounds.
- To assemble the sandwiches, spread a thin layer of oil over the cut side of each English muffin bottom, then spread a thin layer of pesto on the cut side of each English muffin top. Place 1 egg round on top of the oiled half of each English muffin. Top each egg round with 1 tablespoon of the feta cheese, then close the sandwiches with the top halves of the English muffins.