

# Download Healthy Body, Healthy Mind

The Healthy Body Healthy Mind Awards are a partnership initiative between NUS Scotland and Scottish Student Sport, funded by the Scottish Government, which focus on the link between sports, physical activity, smoking prevention and mental health. The mind-body connection is no longer up for debate. A happier you is a healthier you. Learn how to beat stress, depression, anxiety, and more using these natural remedies, tips, and expert advice. A healthy mind can lead you to a healthy body – and a much happier life. "We feel emotions in our bodies," wrote Dr. Arthur Barsky, professor of psychiatry at Harvard Medical School in his book *Worried Sick: Our Troubled Quest for Wellness*. Participation in the Healthy Mind and Body program is proven to change the way your unconscious mind works so you can conquer old habits and ensure a happy, healthy lifestyle. Flexibility Viewed from any computing device with Internet access, you will have 24-hour access to complete your daily entries.