HEALTH — The Balance We Forgot

Health is often measured by what we can see - physical strength, fitness, and endurance. But what about the invisible struggles carried in the mind? This blog explores the forgotten balance between mental and physical health, and how true wellbeing emerges only when the mind and body work in harmony. In a world that glorifies burnout and constant productivity, we reflect on the quiet signals our body sends, the emotional weight we ignore, and the simple acts of self-care that can restore peace. Because when the mind and body heal, the soul flourishes.

By Uma | January 22, 2026



When we hear the word *health*, we almost always think of the body - gym, stamina, diet, medical check-ups. That's because physical health is visible. If someone is limping, coughing, or exhausted, everyone notices.

But what about mental health?

A person can be breaking on the inside and not one person around them may see it, except maybe someone very close. Yet the weight carried in the mind can be just as damaging, if not worse, than physical illness. So when we talk about health, it cannot mean only the body.
True health is the harmony between mind and body.
And when these two align, the soul feels satisfied, settled and at peace.

The Invisible Struggle - Which we forget to notice.

Today, even children know the term "depression."
But not everyone who says they are depressed is clinically depressed.

Most people are:

• overloaded with information
• overwhelmed by expectations
• stretched by constant comparisons
• drained by social pressure

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We rarely pause to ask,
“How am I really feeling?”

Physical Health Is Not Separate from the Mind

Eating healthy, walking, stretching, breathing - these aren’t just body activities.
They nourish the mind too. But our daily routine looks different:

- Sit before screens for hours
- Eat what’s available, not what’s right
- Plan endlessly for the future
- Neglect the signals our bodies send

Ironically, we do all this in the name of “living well.” We are racing toward a life we are not mentally or physically healthy enough to enjoy.

Self-Care Is Not Selfish - It Is Necessary

We feel guilty for taking a break. We feel guilty for resting or enjoying our own time. We glorify sacrifice more than wellbeing. But what is the point of sacrificing if we are too exhausted, too stressed, or too unwell to witness the very moments we are working for? Because when the mind and body break, the soul suffers.
When the mind and body heal, the soul flourishes.

Small Acts Can Bring Big Change

- If you work in IT, walk for 10 minutes during your shift
- If your eyes are tired, rinse them and look away from screens
- If you are a teacher, sit sometimes - strength is not measured by standing
- Take real holidays - not rushed weekends, but deep rest

Your body already tells you what it needs. Your mind already asks for relief. You don’t need instructions - only permission to listen to yourself.

A Simple Truth

Before caring for others, learn to care for yourself. Because life is not meant to be a race we run until collapse - it is meant to be lived well enough to feel joy, presence and fulfilment. Let’s stop celebrating burnout. Let’s stop disappearing in the name of sacrifice.

Let us honour our health - mind, body and soul - so we can truly live the life we work so hard to build.

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