

**Use Your Body:** Physical activity and emotional expression are essential for mental health. Many people experience depression due to lack of physical exertion and emotional outlets. Engaging in sports and music can significantly help children recover from mental health issues.

**Connect with Nature:** Reconnecting with nature through activities like walking in the forest or spending time outdoors can greatly benefit both physiological and psychological health. Exposure to natural elements like water, soil, and sunlight promotes overall balance and well-being.

**Eat Right:** Proper nutrition is crucial for mental and physical sharpness. Foods like ash gourd juice can enhance mental clarity and calmness, while honey promotes psychological stability and vitality. Ensuring a clean colon is also vital for mental health, as digestive issues can lead to psychological disturbances.

**Manage Body, Mind, Emotions, and Energy:** Holistic well-being depends on balancing these four aspects. Achieving physical health, mental peace, emotional stability, and energetic balance leads to a more fulfilling life.