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Mental health is very important because it affects all aspects of an individual's life, including how they feel, think, and act. Everyone's body is different but getting enough sleep is a vital necessity to everyone's health. If you are not getting the proper amount of sleep it could lead to many different health issues including stress or depression. Our bodies are very complex and it is hard to know where one problem starts and another one ends, but the first step to preventing these problems are sleep and exercise. You always here how calories are bad for you and people say to try to stay away from them, but calories are actually brain food. It helps with alertness, focus, your memory, and many different things. You want to make sure you are consuming the right amount of calories also because if you are eating too much it could also lead to obesity, diabetes, and heart disease. Sleep and health are strongly related - poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Sleep disturbances can be one of the first signs of distress. Common mental health problems like anxiety and depression can often underpin sleep problems (Sullivan, 2016, para. 2). There are many different things that could happen if you are not getting enough sleep at night.

There have been nights where I do not get enough sleep, and the next day I am barely functioning. My brain is foggy, it is hard for me to focus, and I can't pay attention to the important things around me. The day after I don't get enough sleep I always feel super unproductive, because I don't get anything done throughout the day. It is hard to find motivation to do anything when you are that tired.

God tell us to create our bodies as a temple. In 1 Corinthians 6:19-20, he asks, “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” Not getting enough sleep is slowly wearing down our bodies, God wants us to rest our minds and souls. He gives us not only the ability to heal through him but through sleep also.
Exercise is also an important aspect to the human life. Even if it just ten minutes a day it can help calm and ease you. Physical health problems can lead to mental health problems later on down the road. Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.[2 (Links to an external site.)] Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. (Sharma, Madaan, Petty, 2006, para. 4). If you feel good about yourself you will be able to have more confidence and be happier with yourself which will help with your mental health.

How does not getting enough sleep make you feel the next day?