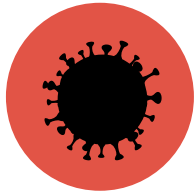


# THE RELATION BETWEEN MENTAL HEALTH AND PHYSICAL WELLBEING

## THE BENEFITS OF HAVING GOOD MENTAL HEALTH



Optimism can improve cardiovascular health



Having a positive mindset can decrease the rate of disease progressions



Positive emotions help the brain produce endorphins, providing a natural painkiller



Having a positive attitude strengthens the immune system

## THE NEGATIVE EFFECTS ON MENTAL HEALTH BEING AVOIDED IN HAILSHAM



Social isolation and loneliness



Childhood abuse and neglect



Homelessness and poor housing



Severe or long-term stress

### HAILSHAM'S PROS :

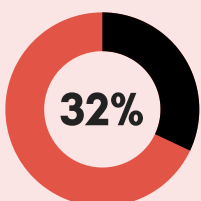
- The children develop emotional intelligence, resulting in the preparation for their donations
- They grow in a censored environment, making it easier for the authority to keep them in control
- Their physical health is improved by their mental health

### HAILSHAM'S CONS :

- The estate is very costly
- There is a need of "normal" humans to be involved as guardians
- It requires a great amount of precision in order to keep the clone under control
- The children might develop too much intelligence, causing resistance

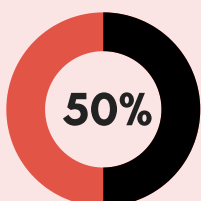
## PERCENTAGES DEMONSTRATING THE EFFECT OF POOR MENTAL HEALTH AND MENTAL ILLNESSES

People with the highest levels of self-rated distress are :



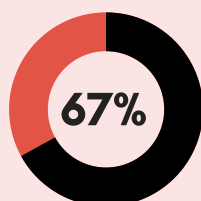
more likely to die from cancer

People with depression are linked to a :



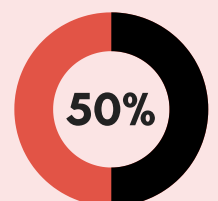
increase in the probability of dying from cancer

People with depression are linked to a :



increase in having a heart disease

People with a mental illness are :



more likely to have a substance use problem



The data accumulated on the relation between mental health and physical wellbeing proves that Hailsham has been created to improve the children's overall health, preparing them for their donations.

### SOURCES :

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