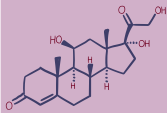


How is physical activity related to mental health?



Endorphins, chemicals produced by the body to relieve stress and pain, are released.

Neurotransmitters are activated (dopamine) that function similarly to antidepressant drugs.



Exercising can train your body to respond better to stress hormones (e.g. cortisol).



Physical Activity and Mental Health

Tips



1

Move your body in different ways to find what will work best for you.

2

Try activities you like at different times of day to figure out what time moving is most beneficial.

3

30 minutes of physical activity 3-5 days a week is recommended, but even 10 to 15 minutes at a time can make a difference.

Resources

on-campus

Ski,
walk, or
run in
the arb!



Check out this
QR code to see
activities at the
rec



online



Try out some
beginner yoga and
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Sources

- Callaghan P. Exercise: a neglected intervention in mental health care? *J Psychiatr Ment Health Nurs*. 2004 Aug;11(4):476-83. doi: 10.1111/j.1365-2850.2004.00751.x. PMID: 15255923.
- Guskowska M. Wpływ [Effects of exercise on anxiety, depression and mood]. *Psychiatr Pol*. 2004 Jul-Aug;38(4):611-20. Polish. PMID: 15518309.
- "7 Best Exercises for Anxiety and Depression" <https://talkingcirclestherapy.com/7-best-exercises-for-anxiety-and-depression/>, July 30, 2020
- St-Pierre D.H., Richard D. (2013) The Effect of Exercise on the Hypothalamic-Pituitary-Adrenal Axis. In: Constantini N, Hackney A. (eds) *Endocrinology of Physical Activity and Sport*. Contemporary Endocrinology. Humana Press, Totowa, NJ.

Benefits

Increased
energy and
stamina

Increased
mental
alertness

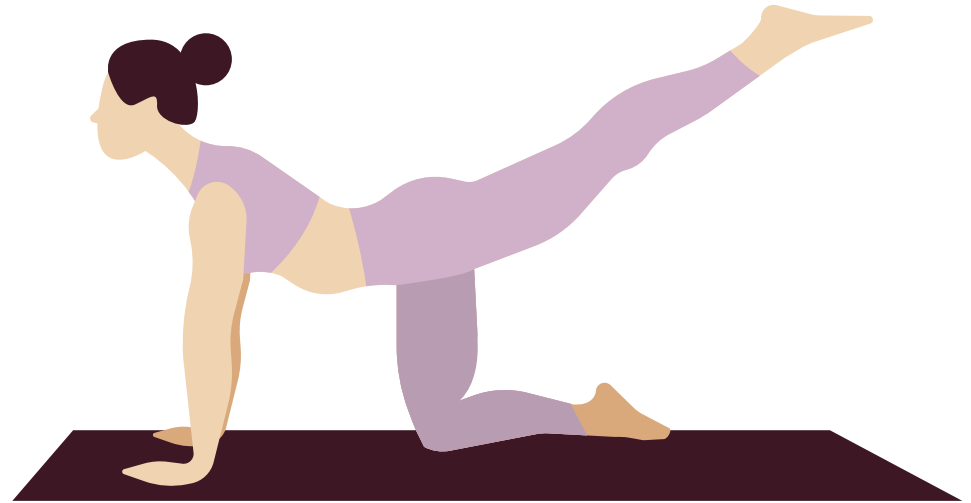
Reduced
tiredness



CUT AROUND ELEMENTS AS
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Physical Activity and Mental Health

CUT AROUND ELEMENTS AS
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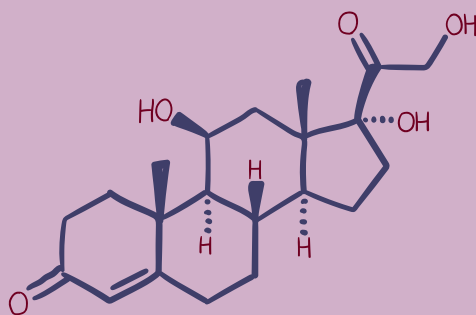
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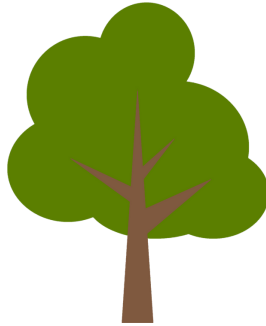
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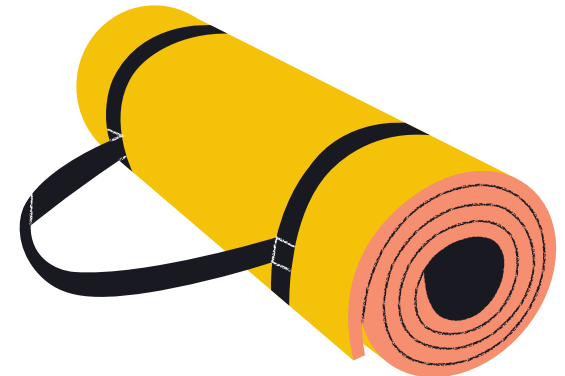
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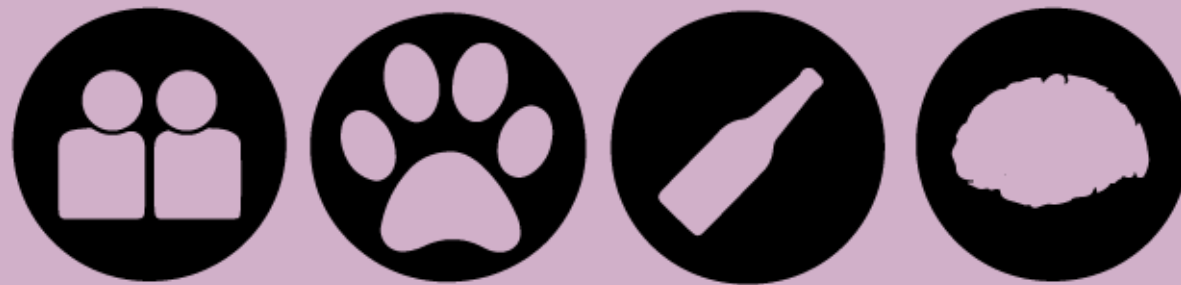
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**HEALTH
PROMOTION**