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).

Benefits

- Increased energy and stamina
- Reduced tiredness
- Increased mental alertness

Physical Activity and Mental Health

Resources

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 times 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.

Sources

Physical Activity and Mental Health
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Resources

Tips
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 check out a mat from the OHP
Sources


• “7 Best Exercises for Anxiety and Depression”
  https://talkingcirclestherapy.com/7-best-exercises-for-anxiety-and-depression/, July 30, 2020

HEALTH PROMOTION