



# APRIL WELLNESS:

## EXERCISE TO REDUCE ANXIETY AND DEPRESSION

Along with helping to improve physical health, research also indicates that exercise can help improve mental health. Benefits of exercise on mental health includes easing symptoms of depression and anxiety. It may also play a role in keeping anxiety and depression at bay, once the symptoms have been eased.

*Here are some questions and answers on the subject from the Mayo Clinic Staff:*

### *How exactly does exercise help?*

- Endorphins (the “feel-good” brain chemicals) are released during exercise.
- Exercise allows focus and thoughts on something other than worries and negative thoughts which may be attributing to depression and anxiety.
- Exercise can help increase self-confidence through making and reaching physical fitness goals.
- Exercise can offer an opportunity for social connection.
- Exercise is a healthy coping mechanism for managing depression or anxiety (vs. some negative methods which could make symptoms worse).

### *Can any physical activity help, or only a structured exercise program?*

- Although exercise and physical activity are not the same thing, both may help improve your mood.

### *How can exercise be implemented for mental wellness?*

- Always talk with your doctor before beginning a physical activity or exercise program.
- Talk to your mental health professional or healthcare provider as well. They can offer suggestions on a physical activity routine that could work for you towards improving mental wellness.
- Find a type of physical activity that you enjoy.
- Create a realistic plan that fits your personal needs, abilities and goals.
- Identify any possible obstacles or setbacks that could occur, and come up with solutions to meet those challenges.

To reach the full article, click here: [Depression and Anxiety: Exercise Eases Symptoms](#)