

# 5 WAYS EXERCISE CAN IMPROVE YOUR MENTAL HEALTH

## ARE YOU TIRED, ANXIOUS, OR FEELING A BIT DOWN?

Consider exercising instead of turning on your favorite television show or delving into the latest book you bought. Over the past decade scientists have been studying the impact exercise can have on improving your mental health. **Below are five ways that exercise may be able to help lift your mood:**



### 1. It relieves stress.

Exercise can reduce fatigue, improve alertness, and enhance overall cognitive function.



### 2. It releases endorphins.

Endorphins are often known as your body's natural pain relievers. These neurotransmitters reduce pain and increase your feelings of euphoria and well-being.



### 3. It can reduce anxiety.

Researchers have found that individuals who are physically active have lower rates of anxiety and depression than those with a sedentary lifestyle. A brisk walk can deliver several hours of relief.



### 4. It helps control addiction.

Exercise sparks dopamine production in your brain, which improves mood, motivation, and feelings of wellness and attention.

It rebuilds toxic damage to the brain while also reducing anxiety and depression, and enhancing self-esteem.



### 5. It inspires creativity.

One great workout can boost creativity for up to two full hours.

*Although studies have shown that exercise can reduce symptoms of depression and anxiety, it should never take the place of consultation with a mental health professional. If you are experiencing symptoms of major depression or generalized anxiety, consider talking with your counselor about adding exercise to your treatment plan.*