



## Managing Stress with Exercise

Stress can make you feel drained, anxious, and even depressed. While there are several ways to manage runaway stress, none is as enjoyable and effective as a regular exercise routine.



"Numerous studies have shown exercise provides excellent stress-relieving benefits," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. "And let's face it, we all could do with less stress in our lives."

### How It Works

Exercise causes the brain to release endorphins, opium-like substances that ease pain and produce a sense of comfort and euphoria. It also encourages the nerve cells in the brain to secrete other neurotransmitters, such as serotonin, dopamine, and

norepinephrine, which improve mood.

Deficiencies of these substances, particularly serotonin, have been linked to symptoms of depression, anxiety, impulsiveness, aggression, and increased appetite. According to a study published in the *Archives of Internal Medicine*, when depressed people exercise, they increase their levels of these natural antidepressants.

According to the National Institutes of Health, exercise also: improves people's ability to relax and sleep; promotes self-esteem; and enhances energy, concentration, and memory.

Exercise also provides an outlet for negative emotions, such as frustration, anger, and irritability, thereby promoting a more positive mood and outlook.

Moderate exercise done regularly interrupts the cyclic thinking process associated with depression. A person who is worried about a particular problem may dwell at length on the problem, bringing on more worry. Depression deepens the worry, in a descending cycle. Exercise can break the cycle.

Finally, exercise helps you take time for yourself.

"Whether you exercise alone or with a friend, it's important to take time for yourself during stressful periods," says Mr. Bryant. "In this way, exercise functions as a positive distraction from the problems of the day that are causing your stress."

### Stress-Reduction Moves

Almost any exercise can provide stress relief, but the following guidelines can help you find those likely to be more effective for you.

Choose an exercise you enjoy. The kinds of activities you choose depend on your physical ability as well as your preferences.

"It's important to choose activities that are accessible and feasible for you to do regularly," says Mr. Bryant. "You also need to determine if you want to play competitive sports, such as basketball or tennis, or if you'd rather do noncompetitive activities, such as walking, bicycling, or taking an aerobics class."

You also should consider whether you want to do your exercise routine on your own or with others.

### QUICK TIP!

We all deal with stress in our lives—due to both minor and major events. Try utilizing some new coping strategies to help you deal with difficult times more effectively.



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Exercise every day if you can. The U.S. Surgeon General's Report on Physical Activity and Health recommends 30 minutes of activity on most, if not all, days of the week.

"You'll benefit from exercising three to five times a week, but you'll see more consistent stress reduction if you can be physically active every day," says Mr. Bryant.

Consider mind/body activities. In yoga and tai chi, your mind relaxes progressively as your body increases its level of muscular work. "If you're attracted to a spiritual component, these forms of exercise are effective for honing stress management and relaxation skills," says Mr. Bryant.

Controlling stress ultimately comes down to making time to exercise. Physical activity provides an enjoyable and effective way to cope with life's troubles as it promotes lasting strength and empowerment.

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## This Month's Webinar

### **Calm Down: Meditation and Relaxation Guide**

*Presented by: Dr. Delvina Miremadi-Baldino*

Learning to calm and center ourselves is a necessary skill. Making time for a regular practice of meditation, yoga or another form of relaxation can be challenging. In this seminar, we'll review some of the most popular relaxation tools and how to integrate them into our busy lives. We'll discuss how to find and make time, even if you think you're totally overbooked already!

[Log-in](#) any time this month to watch the webinar and ask the expert questions!