

Physical Activity and Stress

There are so many benefits to physical activity such as stronger bones and muscles, more energy, better resistance to illness AND it is also a great way to reduce stress!

Stress

WAYS TO REDUCE STRESS THROUGH EXERCISE

Go Solo. If you work with many people all day, a crowded exercise class after work might only add to your stress. A walk or a jog round the neighborhood, or a home-exercise video might be the thing for you.

Let Loose. Try a boxing or kickboxing class if laying into a punching bag helps you release built-up tension.

Buddy Up. An exercise buddy could provide the "oomph" you need on days you don't feel like working out. If you work alone during the day, a class at a health club or recreation center could relieve stress caused by loneliness or isolation.

Compete If You Can. For some people, nothing gets rid of pent-up stress hormones better than an intense game of tennis or racquetball. But steer clear of these activities if competition causes more stress than it releases.

Double Up On Benefits. Some forms of exercise have built-in relaxation techniques. For instance, yoga combines deep breathing, stretching, and meditation. Some martial arts classes and programs, such as Tai Chi, focus on meditation and positive thinking to strengthen both mind and body.

Set Realistic Goals. While reasonable amounts of physical activity can reduce stress, overdoing it can make it worse. Be realistic about your fitness goals. Trying to do too much could be mentally

Physical activity distracts you from your source of stress, and improves your mood. It also relaxes and re-energizes your body.

People who are routinely active tend to eat and sleep better, which helps you and your body manage stress more effectively.

Exercise and physical activity are powerful and readily available tools for preventing and dealing with symptoms of stress.

For More Information
About Stress-Related
Concerns & Topics:

Contact McKinley's
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