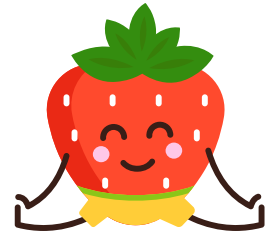


BENEFITS OF EXERCISE FOR YOUR MENTAL HEALTH



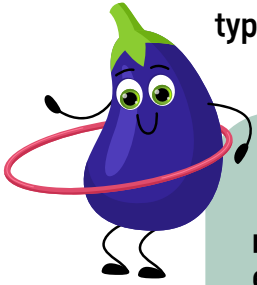
Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood. When you make healthy eating choices and exercise regularly you can feel better mentally. If you don't have time for 15 or 30 minutes of exercise, that's okay. Start with five or ten minute sessions and slowly increase your time. The more you exercise, the more energy you'll have. The key is to commit to some moderate physical activity, however little, for as many days as you can. As exercising becomes a habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off.



Some of these benefits include:

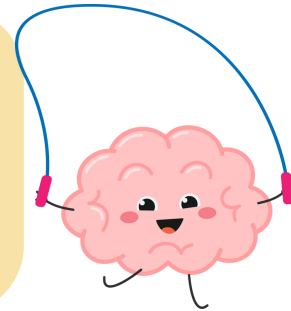
Better Sleep

Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help you to wind down and promote better sleep.



Social Interaction

Many physical activities, such as walking, swimming and cycling, encourage you to get out into more social settings such as the beach, community walking tracks and gyms. This can help reduce feelings of loneliness and isolation and put you in touch with other people. It can also help you form new friendships or even re-connect with people you may have previously lost contact with.



Reduce Stress and Anxiety

When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress.



If you have any questions or would like to discuss this further please contact
Cyndie Gilliam LMFT TANF Therapist @
760-330-3913 or cgilliam@sctca.net



Increase Your Self Esteem

Regular physical activity is an investment in your mind, body, and soul. When it becomes habit, it can help to foster your sense of self-esteem and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement and therefore boost your mood in a positive way.

