MENTAL HEALTH TIP OF THE MONTH: EXERCISING

## Counseling and Psychological Services (CAPS)

EXERCISE AND MENTAL HEALTH

Research has found that when you exercise, your body releases hormones known as endorphins which play a big role in boosting your mood and making you feel happy. Endorphins also help individuals cope with any stress or anxiety they may be experiencing.

BENEFITS

- stress relief
- better/more consistent sleep
- greater energy throughout the day
- improvements in cognitive functioning
- decreases the risk of depression and anxiety
- greater self-esteem
- better heart health
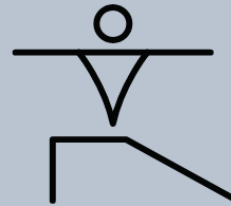
IMPLEMENTATION

- if you do not go to the gym regularly, start off small by going to the gym once a week for thirty minutes. You are more likely to continue going if you start off small and work your way towards the bigger goals
- go to the gym with a friend
- monitor your progress at the gym, so that you can see how far you have come since the start of your journey
- come up with an exercise routine and engage in the workouts that make you feel good

TIPS

- workout at the weinstein fitness center here on campus
- the fitness center offers great classes such as cycling, yoga, and bodybump all which are very fun to attend!
- if you don't want to go to the gym go for a run outside
- watch youtube workout videos to get some inspiration on how you should craft your own workouts
- download a free app on your phone that can guide you step by step through a workout. workout women is a great app for beginners to get into the exercise routine