

USING PHYSICAL ACTIVITY AS A STRESS MANAGEMENT TOOL: 4/27/09

A great way to relieve stress is to get moving! Physical activity is a great way to stay in shape and manage stress. Increasing your heart rate causes your body to release endorphins, which are the chemicals that make you feel good.

People who are not physical active tend to experience few symptoms of depression:

- ✦ Trouble sleeping at night
- ✦ Over eating
- ✦ Sleeping too much during the day
- ✦ Not eating when they exercise regularly

Physical activity can also assist you in dealing with the stresses of everyday life.
Physical activity can:

- ✦ Ease anxiety
- ✦ Relax you
- ✦ Give a greater feeling of self-worth
- ✦ Help create healthy eating patterns
- ✦ Assist with weight management
- ✦ Lower blood pressure
- ✦ Strengthen your heart
- ✦ Improve sleep
- ✦ Improve alertness
- ✦ Make you feel better physically as well as emotionally

Stress Relief Physical Activities:

In addition to your regular exercise plan, try adding some of these stress relief activities to reduce stress and improve your overall well-being:

Progressive Relaxation -

Any activity that including tensing and relaxing muscle groups in sequence.

Deep Breathing -

When we are stressed, we breathe quick and shallow. Deep breathing is designed to bring lots of fresh air into the body, and force out the old air and bring on relaxation.

Stretching -

Stretching works to release the tension out of your muscles.

31 Days to Less Stress -

[CLICK HERE](#) to use this calendar of 31 days to less stress

- Whatever you do, don't think of physical activity as just one more thing on your to-do list. Find an activity you enjoy — whether it's taking your dog for a walk, yoga, or attending the gym — and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of your approach to easing stress.
- Remember, stress is a part of everyday life. Try to come up with a stress management plan that works for you and stick to it. Stress is a leading factor in many illness and chronic diseases. Physical activity is a great tool to manage stress as well as tool to improve your overall wellness.

LAST GROUP WALK!!

May 6th at 1pm

Meet us outside of the student center for our last outdoor walk around campus!

Wellness Tip

Can Stress Cause Weight Gain?

Research shows that stress can lead to poor eating habits and less exercise. Stress can also interrupt sleep, which has been shown to cause an increase in appetite. When under stress, cortisol is released, which can affect where fat is stored.

For the full article, [CLICK HERE](#)

Fitness Tip

Multitask to reduce stress! Walk with a co-worker and discuss certain tasks that need to get done at work. Grab that article or book you need to read, and get your assignment done while using a stationary bike!

The more active you are, the more blood flow your brain will receive, which will increase alertness and help you retain more information!

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