

Exercise for Your Mental Health

Exercise can be a powerful tool for managing your mood. It can help you to cope with mental health struggles. Understanding how it can help and how to get started may give you the motivational drive to get moving. Research tells us that exercise has a significant impact on cognitive ability and mental health.

What exercise does for your mental health?



Exercise allows you to un-hook from thoughts by allowing you to be more present. Giving you respite from your stress and worries.



Hormones such as endorphins and neurotransmitters such as endocannabinoids are released during exercise which will improve your mood.



Sleep difficulties usually contribute to stress, anxiety and depression and can sometimes keep it going. By exercising, you can sleep more easily and feel more rested upon wake.



With a sense of achievement comes greater self-confidence and self-esteem. Exercise can also increase your sense of self-control, your ability to withstand challenges, and your body-confidence.



Regular exercise will increase your energy levels and therefore you will be able to enjoy more of the things you love doing. The more you do the greater your energy capacity. Are you too tired to exercise or too tired not to?!