Get Moving to Manage Stress

Well, Spring Break is over and we are going into the last few weeks of the semester. The “To Do” list is getting longer—both at work and at home. Stress increases Cortisol, a biochemical that hangs around in your brain, lowering mental performance, unbalancing the immune system and leading to increased risk of illness. It can also lead to increased food cravings (which can cause weight gain and make the circle more vicious). So what can lower stress?

EXERCISE!!

- It pumps up your endorphins—the brain’s feel-good neurotransmitters
- It’s meditation in motion—after exercise you will forgotten the day’s irritations. Regular exercise gives you energy and optimism keeping you calmer and clearer and able to stay on task.
- It improves your mood—which gives you a sense of control over your body and your life.

So I can hear you thinking, “but making time for exercise and doing it correctly are stressful.”

Well, anything added to our already busy lives can increase stress. Here are some suggestions to make exercise less stressful so you will be more prone to continue

- Do what you love—pick an activity you enjoy
- Make it a priority—that means it is important enough to make your calendar. Too busy? How will you care for your loved ones and perform your job well when you are ill? YOUR HEALTH IS IMPORTANT!
- Find a friend to share your journey (which is your teammates) or better yet, find someone to join you in exercise.
- Take a hard look at your calendar—where can you MAKE the time to exercise?
  a. Instead of watching your child’s soccer practice, walk around the fields
  b. Give you and your 4 pawed friend some time together on a walk
  c. Ask your supervisor for 15 minutes of his/her time and do a walk and talk meeting
  d. Turn off the TV, smartphone, iPad and move for 15 minutes

Remember that Vision of yourself that we worked on the first week? I bet decreasing the stress in your life was included. So don’t wait until tomorrow—

GET MOVING TODAY.