



Cargo to Grenfell

Annual Fundraiser Walk

The benefits of Exercise on our Mental Health

Mental illness can have a positive impact on a person's cognitive, behavioural, and social functioning. Those with a mental illness often struggle to engage in their regular work, social and physical activities to the full extent which further impacts the illness as social isolation then often occurs.

We see more and more research emerge on the benefits of exercise and physical activity on our mental health, in particular mental health disorders such as anxiety, depression, and psychosis. Helping someone experiencing mental illness to live active lives is not a gap in knowledge, rather a lack of implementation.

QUOTE

12% OF CASES OF DEPRESSION COULD HAVE BEEN PREVENTED by just one hour of exercise a week

Exercise is more than just physical activity, getting fit and looking good. It has various benefits for your mental health as well. Exercise comes in many forms such as walking, running, gym, dancing, playing sport or even work in some cases. Exercise also has multiple benefits for your mind. Here are a few ways exercise can help:

- 1. Combating depression and anxiety:**
Exercise releases chemicals from the brain called endorphins (happy hormones). This is where you feel an instant lift/improvement following a workout. Regular exercise can help you minimise anxiety and depression.
- 2. Improving your mood:**
Exercise is known to uplift or improve your mood. Often people feel stress due to work, personal and lifestyle reasons. Braincells are activated and release chemicals during exercise which makes you feel instant happiness.
- 3. Improvements in self-esteem and cognitive function:**
Regular exercise can improve self-confidence. There are two ways that exercise can do this. They are the release of chemicals and sense of achievement of better health standards. Not only does your brain feel happy but exercise helps it function better.

Many see exercise as a low priority and often make excuses to not complete it but, exercise plays a vital role in your long-term mental health and wellbeing. A healthy body has shown to have a healthy mind!