

Exercise: The Ultimate Antidote to Stress and Anxiety

Humans are active creatures

From the time we were officially humans for the first time, we have been a constantly moving species. From travelling across the planet in order to find settlements, to fighting for our lives against predators, our ancient ancestors have been active in so many different ways. And that's for good reason too. Studies have shown that people in today's world who don't tend to exercise often find themselves dealing with mental health disorders, such as depression and anxiety. In fact, certain research demonstrates that people with the lowest amount of weekly exercise are at a 98% higher risk of being affected by depression than a person with average levels of overall fitness.

The benefits of exercise

Everyone talks about how beneficial exercise is, but there are some little-known scientific reasonings behind this. These include:

1. **Helps us cope with our daily lives and stress more effectively** - exercising tends to help clear our minds and allows us to reduce how worried we may be.

2. **Gives you a natural energy boost** - exercising always releases endorphins, which are hormones that make you feel happy, therefore relieving stress.
3. **Helps you meet new people** - exercising can let you meet new people and make new friends, if that's something you're comfortable with. This helps reduce feelings of loneliness and exclusion, which contribute to approximately 25% of all anxiety.
4. **Improves sleep schedules** - exercising can make you feel tired, which helps you sleep better and more consistently. This also contributes to your mental health by putting you in a better mood and giving you more energy.

Advice on what exercises to do

1. **Get your heartbeat higher** - exercises like running, star jumps, any jumps really help your heart rate become higher, giving you a natural energy boost.
2. **Mindfulness exercises** - this can be anything that involves stretching, such as yoga or pilates, essentially anything that improves your flexibility and keeps you calm.
3. **Dancing** - lots of people find dancing to a beat or a well-known tune helps them feel far more motivated and encouraged to continue, as well as an effective way to exercise.
4. **Spending time in nature** - anything such as taking a walk by yourself or with your dog, just touching grass, all of this can make a huge impact on your mental health.