

Move for your mind

Getting regular exercise and movement helps boost and balance your emotional well-being.

Along with plenty of physical health benefits, physical activity can quickly reduce feelings of anxiety, depression, and stress. Regular movement also helps improve self-confidence, problem-solving skills, and cognitive health.



Include mindful movements, such as yoga, tai chi, or qigong for additional stress relief.

If you have a desk-bound job, take brief breaks to move every 30-45 minutes.

Instead of phoning or sending an email or message, get up from your desk and talk to co-workers in person.

Find ways to fit small doses of exercise into your day, no matter how small.

