

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.

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

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