Exercising Helps Stress & Anxiety

If you have been struggling with stress and anxiety, there are medical treatments available, but some natural remedies might also help.

For example, exercise is a really good way to relieve your stress and tension, give you a break from panic attacks, and even help with depression. Take a look at how it can help with both stress and anxiety below.

How it Helps Stress

Exercising is an excellent way to start relieving your stress. It actually helps in a number of different ways.

For one thing, when you are exercising, you are focused more on the physical activity and less on the things that are worrying you. You can really vent out a lot of your frustrations by going for a walk or taking a kick-boxing class.

Exercising also releases endorphins, which are those happy chemicals in your brain. You suddenly feel so much better and the stress is lifted off of you, just by getting in a good workout.

You will notice that the more you exercise, the less stressed you feel overall.

How it Helps with Anxiety

If you are someone who struggles with a lot of anxiety and panic attacks, exercise can also help you.

Exercise is one of the top activities doctors like to suggest for people with anxiety. It helps to get rid of stress and any emotional issues that are leading to your anxiety, and of course those happy chemicals don’t hurt.

You are also able to zone out when you are exercising; similar to how it helps when you are stressed out about something. You aren’t as anxious about things on your mind when you are walking on a treadmill, swimming, or using an elliptical machine.

Any type of physical activity is going to help with your anxiety.

Tips for Exercising for Mental Health

When you are exercising to help with your mental health, make sure it is something you truly enjoy. If you are trying to force yourself to run even though you hate running, it is going to cause more stress, not relieve it.

You should choose a physical activity you enjoy, which puts you in a zone of being able to clear your mind. This might be going for a hike in nature, taking your dogs for a walk, or going swimming. The number of different exercises you can do is staggering so you should always be able to find something you enjoy.

The type of exercise you do isn’t as important as how you feel when you are doing it. Keep trying new workouts until you find one that works best for you.

As you can see, exercise can help combat stress and anxiety in numerous ways. So, the next time you need a quick release, push yourself to work out, even if just for 10 minutes, and see how much better you feel.