4 Reasons Exercise Eases Stress

When you look up natural ways to relieve stress, you will probably find that exercise is often recommended. But why exactly is that?

Here are some different reasons being more physically active can help you reduce your stress levels.

1. Exercise Helps to Increase Your Endorphins

One of the top ways that exercise can help with your stress level is by boosting your endorphins.

With regular physical activity, you are able to release the endorphins in your brain. These are basically the happy chemicals which are known to boost your mood. When this happens, not only does it help with your mood and ease anxiety and depression, but it is really good for stress too.

Just try getting in a little more exercise and see how much better you feel.

2. You Can Use It for Fight or Flight

Exercise is also a really good way to get through that fight or flight response you tend to get when you are really stressed out.

Fight or flight is the response you get when you feel like you need to get away from the current situation you are in. It can be a hard feeling to break, unless you have a way to channel that response, which is what exercising is going to do.

Walking, running, or using an elliptical, are really good ways to help with your fight or flight response as a result of stress.

3. It Can Clear Your Mind

When you are stressed, you typically have so much on your mind that it is hard to get a handle on everything. This makes it hard to relax or think about more positive things.

All of the negative things causing the stress in the first place can prove to be a little bit overwhelming. However, something that really helps with this is to exercise every day, or at least as much as possible.

While you are exercising, you are typically thinking about the activity, and much less on what you are stressed about. You won’t forget it completely, but it does give you some time to clear your mind and reflect on other things.

4. Exercise Provides More Human Interaction

When you decide to exercise out of the home, whether you head to the gym or you take an aerobics class, it can help you communicate with others who are also exercising with you.

Sometimes you just need some human interaction that doesn’t involve talking to people, while you are working or talking to your spouse and kids. Try to exercise where others are around you, so you can talk and interact with them.

These are just some of the reasons exercise eases stress. The trouble is, when you’re so stressed out, the last thing you want to do is exercise. Therefore, you may need to push yourself to work out in the first place. Once you do however, you’ll be surprised just how much better you actually feel.