5 Ways Running Reduces Stress

These days, life seems to pass by in the blink of an eye. The fast-paced world we live in can have a serious effect on our health. If you find you’re constantly stressed and run down, running may be able to help.

Exercise in general, really helps to boost the mood and naturally de-stress the body. Below you’ll discover 5 ways running can help to combat stress.

1. It helps you clear your mind

A lot of runners say they are able to think clearly while running. It provides plenty of time for you to be alone with your thoughts. So, if you’re dealing with a lot of work pressure for example, you can get your sneakers on, head out into nature and figure out the best way to deal with the problem.

2. It releases plenty of endorphins

Another way running reduces stress is via the release of lots of endorphins. These are commonly referred to as feel-good hormones and they really do make you feel amazing.

After a run, you’ll come back feeling refreshed, happy and relaxed.

3. It stabilizes the mood in the long term

While the feel-good hormones will help to lower your stress levels in the short-term, running is also known to stabilize the mood in the long term too.

Studies have shown that those who partake in frequent exercise are more resilient to stress. So, the more you run, the less likely you’ll be to become stressed in the future.

So, not only does it help to prevent stress, but it also helps you to deal with it much better too.

4. Helping you to be more sociable

Hanging out with likeminded people is often key to reducing stress. Runners tend to have a particularly strong bond and you’ll even find running clubs that you can join.

These allow you to not just meet new friends, but stay motivated to keep up with your running goals.

5. It’s as good as meditation

Meditation is often recommended to reduce stress, but let’s face it – it’s definitely not for everyone! If sitting still with your eyes closed doesn’t appeal to you, running can give you the exact same benefits.

It’s a peaceful activity which clears the mind and helps you to feel calm and tranquil once you’ve finished.

Overall, all you need to reap these incredible benefits is to run for just 20 minutes a day. While it’s better to run outdoors, you can also feel the benefits from running on a treadmill.