How a 10 Minute Walk Can Help Reduce Stress

Hello [[firstname]],

Today’s blog post talked about ‘Quick and Easy Exercises You Can Do When You Feel Stressed’. This provided you a good introduction to how to use activity for stress relief. Make sure you go check that out if you haven’t already.

[Insert Link]

As you read in the easy exercises you can do when you’re stressed blog post, there are a lot of different ways to relieve stress with activity. However, walking is really one of the best to choose from. Here are some ways that a short walk each day helps to reduce your stress naturally.

**You Enter a Meditative State**

One thing people don’t realize about walking is that it isn’t just good for your physical health, but your mental health as well. When you are walking, particularly alone when you can gather your thoughts, it puts you into a type of meditative state. You become calmer and aren’t quite as stressed about different things going on in your life. You only need about 10 minutes a day to enter this state and benefit from it.

**The Fresh Air is Calming**

Another part of walking daily that helps with your stress and other frustrations is the fresh air. This is why it is recommended that you walk outdoors as much as possible. Using your treadmill or going to the gym is a good alternative, but if you can walk outside for 10 minutes a day, definitely try to do that. It is relaxing both with the activity and the fresh air.

**You Can Boost Your Energy Levels**

Are you frustrated about having lack of energy and motivation to get everything done, which then leads to stress? If so, walking can be the perfect activity for you. Just a few minutes of walking a day will increase your energy, get your blood pumping, and release those endorphins in your brain. This in turn helps you to achieve more because you have the energy to get it done, which ultimately means less stress for you to deal with.

Don’t miss your future emails all about reducing stress during the holiday season.

[sign off]