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.

**Exercise Helps to Increase Your Endorphins**

One of the top reasons that exercise can help with your stress level is by increasing your endorphins. With regular physical activity, you are able to release the endorphins in your brain, which are the happy chemicals that can boost your mood. When this happens, not only does it help with your mood and ease anxiety and depression, but is really good for stress as well. Just try getting in a little more exercise and see how much better you feel.

**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.

**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 because all the negative things causing the stress in the first place is a little bit overwhelming. Something that really helps with this is to exercise every day or as much as possible. While you are exercising, you typically are 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.

**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.