

A Message from your EAP



TIME TO GET MOVING!

Everyone is looking forward to the warmer weather in the months to come. This will be a great opportunity to not only spend time with friends and family but to also get outside and become more physically active!

There are many physical health benefits to being more active but did you know that there are mental benefits as well?

According to the Mayo Clinic website, exercise can be a great way to relieve stress in 3 ways:

- 1.) **Increase in endorphins-** Your brain makes more of these feel-good chemicals when you are physically active for extended periods of time and can boost your mood temporarily.
- 2.) **Meditation in motion-** Focusing on a single task such as exercise is a good way to free your mind from the stressful things going on in your life at least temporarily. Having some stress-free time can help you be more calm and clear in everything you do.
- 3.) **Improves your mood-** Regular exercise can boost your self-confidence and lower some of the symptoms associated with mild depression and anxiety. It can also improve your sleep which can be directly related to stress levels.

Becoming more active is a great start towards better balance and mental health overall. Sometimes, though, that isn't enough and you need more personal, individualized help. Reach out to Family Service EAP for the professional help that you need!

Call your EAP provider Family Service of the Chautauqua Region toll-free at **1-888-358-3899** and we will point you in the right direction.