Exercise and Mental Health

Exercise releases chemicals like endorphins and serotonin that improve your mood. Regular exercise can reduce stress and symptoms of depression and anxiety.

**Reduce Stress**
Exercise increases concentrations of norepinephrine, a chemical that can moderate the brain’s responses to stress.

**Boost happy Chemicals**
Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed.

**Improve Self-Confidence**
On a very basic level, physical fitness can boost self-esteem and improve positive self-image.

**Enjoy the Great Outdoors**
Vitamin D acquired from soaking up the sun (while wearing sunscreen, of course!) can lessen the likelihood of experiencing depressive symptoms.

**Be More Productive**
Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers.

**Increase Relaxation**
For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

**Sharpen Memory**
Regular physical activity boosts memory and the ability to learn new things by increasing production of cells in the hippocampus responsible for memory and learning.

**Boost Brainpower**
Various studies have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.

**Alleviate Anxiety**
The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders calm down.

**Prevent Cognitive Decline**
Diet and exercise can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

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**Health Solutions Support Systems Available in Pueblo**
Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**
Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

**CALL**
Health Solutions
Crisis Services
719.545.2746

**STATE HOTLINE**
Colorado Crisis Services
1.844.493.8255

**OR TEXT**
Colorado Crisis Services, text TALK to 38255