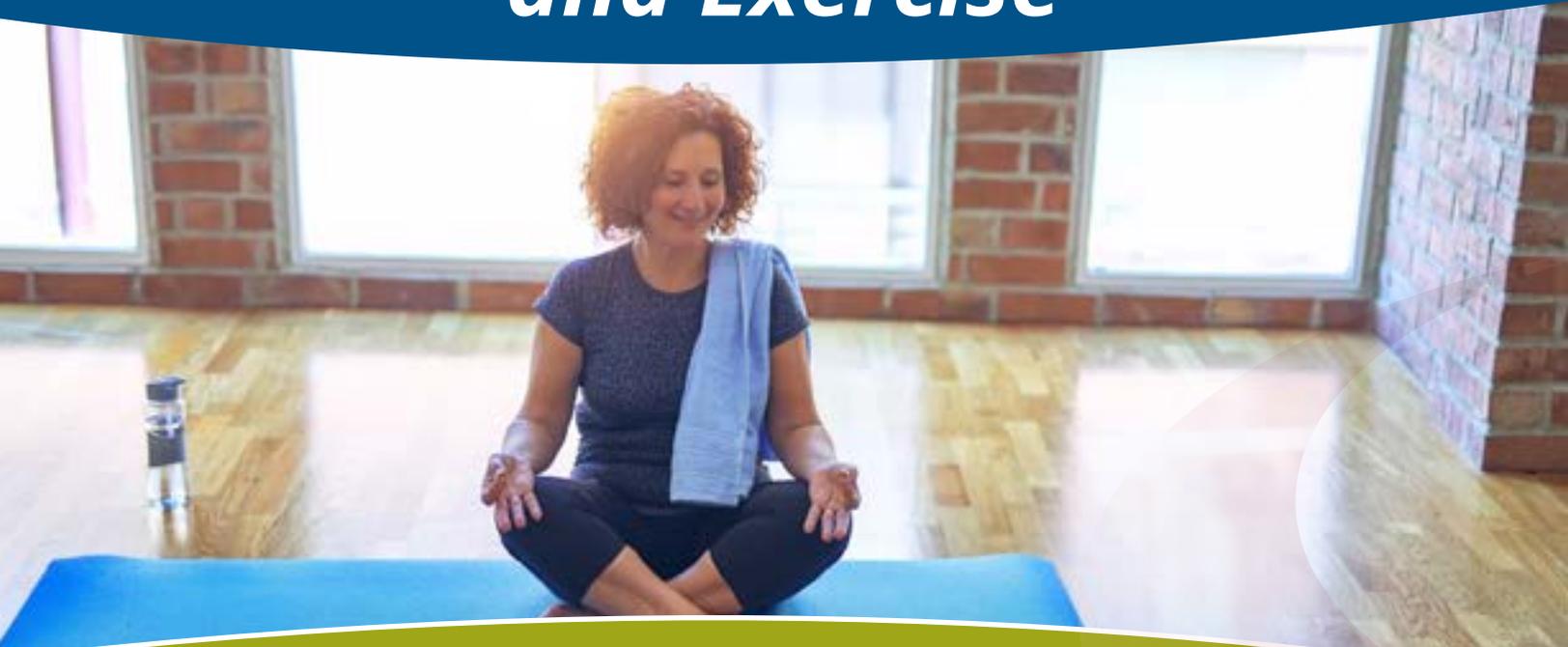




EFR EMPLOYEE & FAMILY RESOURCES

Linking Mental Health and Exercise



As a result of physical illnesses due to the pandemic, social distancing requirements, and widespread closures, there has been a spike in mental health concerns across the world. Many of us are experiencing heightened anxiety and depression for the first time. In addition to seeking professional mental health care, exercise is another way to help improve your mental wellbeing.

EXERCISE AND WELLBEING

Binge watching TV and discovering new baking recipes has been a popular way to pass time while staying safe at home. However, these activities, along with an uptick in alcohol consumption and widespread closures, have created a situation where exercise has been put on the back burner. We all know that exercise is good for our physical health but did you know exercise can have a profound impact on our mental health too?

THE BENEFITS

In a study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk

of major depression by 26%. Physical activity doesn't just impact your risk of depression, it can also help alleviate symptoms you are already experiencing. While exercising, your brain releases endorphins and boosts your levels of dopamine and serotonin. The chemical changes that happen in the brain during exercise are shown to have a positive impact on many other mental health concerns like stress, anxiety, and ADHD.

EXERCISE SAFELY

If you're ready to exercise but are concerned about the health risks of going to a gym or being in a group there are many socially distant or solo activities you can do. Here are a few ideas to get you started.

Please consult with a physician prior to starting any new exercise program.

- Running or walking
- Hiking
- Swimming
- Riding a bike
- Yoga with an online instructor
- Participating in virtual group fitness classes

If you or anyone else are experiencing symptoms of mental illness, call your EAP! EFR has counselors available by phone 24/7 at **800.327.4692** to help you. Find out more about exercise and mental health [here](#).





WELLNESS

Journey Through July

There is no better time to go on an adventure than the dog days of summer! This July explore the unknown, take the road less traveled, and follow the journey and excitement that life brings each day.

Click [here](#) to download the July Monthly Motivator

Participate in Ride Don't Hide!

Ride Don't Hide is an annual, casual bike ride and fundraiser that benefits EFR's mental health and addiction programs. EFR invites cyclists of all levels to join us as we bike to support the vital and life-saving counseling and addiction programs we provide! This year we will all join together virtually! Sign up and find out more [here](#).

Join EFR's July Webinars!

 July 15 at 2:30 PM CDT [Register Here](#)
Diversity and Inclusion in the Workplace

 July 22 at 2 PM CDT [Register Here](#)
Connecting the Dots: The Mind-Body Experience

 July 29 at 10 AM CDT [Register Here](#)
Stress and Burnout

Stay in touch with EFR in 2020!



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