EXERCISE and Mental Health:

Everybody knows that exercise is beneficial for the body: Exercise does not have to be a full trip to the gym. It can be taking the stairs instead of the elevator or walking to class instead of driving/taking the bus.

But did you know that it is beneficial for the mind as well?

- Exercise is a great way to clear the mind and has been found to improve memory, self-esteem, sleep, energy, and resilience.
- Exercise is an effective and natural treatment.
- Exercise has been shown to treat symptoms of anxiety, stress, and depression.
- When exercising, your brain releases endorphins, therefore releasing tension and stress as well as enhancing physical and mental energy.
- Physical activity helps to relax muscles in the body, which is great for relieving stress symptoms.
- Exercise is also very beneficial for symptoms of ADHD/AADD. It has been found to improve concentration, motivation, memory, and mood. This is also because physical activity increases the amount of dopamine, noradrenaline, and serotonin levels in your brain. It works very similarly to ADHD/AADD medications such as Ritalin and Adderall.
- Evidence also suggests that exercise can help the nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma.

Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5799872/

4 Tips for Mindful Holiday Eating

While holiday celebrations with friends and family often include food, it is important to think about how to avoid overeating and possibly putting on a few extra pounds by keeping these points in mind:

1. Try not to skip meals on the day of a holiday party or gathering. This may result in overeating at the gathering.
2. Include nutrient-rich foods if hosting a party or gathering and if attending, select nutrient-rich foods on your plate. Use moderation when selecting or serving sweets.
3. Try strategies to avoid overeating such as using smaller plates, start with fruits and vegetables before going on to entrees and desserts, eat slowly to savor the taste of each bite, wait 10 minutes before deciding to go back for seconds, and drink plenty of water.
4. Include physical activity in your gatherings. Play games or go for a walk with friends and family.

Source: Academy of Nutrition and Dietetics: www.eatright.org

Looking to Quit Smoking?

Smokefree.gov offers free text messaging programs for 24/7 support if you are looking to quit smoking.

Participants will receive 3–5 text messages/day over a 6–8 week period to help them become tobacco free.

Want to learn more? Visit smokefree.gov/tools-tips/text-programs

Source: smokefree.gov