

Let's Get Physical!

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Sometimes we feel overwhelmed by stressors in life. It is very difficult to find a way to cope with such distress. One of the fun ways to control the stress in your life is through physical activity. Just by being active you can enhance your endorphins resulting in feelings of happiness.

Any type of exercise would help as a stress reliever, even if you are not in shape, you can build stamina while you relieve the stress.

Reasons to Exercise

Besides the work out being good for your physical health, it works wonders for your mental health as well.

Advantages

Some of the advantages of exercising are reduction of anxiety and depression, improving balance and flexibility and sleep quality, lowering blood pressure, improving cardiovascular fitness in older adults, relieving chronic pain, boosting energy,

endurance and agility.

Release of Chemicals

Endorphins are among the chemicals known as neurotransmitters, which function to transmit electrical signals within the nervous system. In addition to decreased feelings of pain, secretion of endorphins leads to feelings of euphoria, modulation of appetite, release of sex hormones, and enhancement of the immune response. With high endorphin levels, we feel less pain and fewer negative effects of stress. Dopamine is the neurochemical related to sleep patterns. Chronic stress, trauma, under-eating and low-carbohydrate diets can deplete dopamine, leading to unhealthy sleep patterns. Dopamine production is directly related to serotonin levels. When serotonin is elevated, dopamine elevates in response. In general, positive and healthy experiences improve levels of both neurochemicals.

How exercise affect your mood.

Exercise has long been reported to improve conditions related to stress and anxiety, providing a "high" feeling that increases energy and positive mood. Many studies have attempted to explain this psychological effect of physiological activity. The elevation in transmission of neurochemicals like dopamine, serotonin and norepinephrine may be responsible for this effect.

Physical limitations

Even if you don't participate in strenuous athletics, you can also try various activities

to increase your body's endorphin levels. Studies of acupuncture and massage therapy have shown that both of these techniques can stimulate endorphin secretion. Sex is also a potent trigger for endorphin release. Finally, the practice of meditation can increase the amount of endorphins released in your body.

Yoga, swimming, cycling and long-distance running are endurance-based exercises that can increase dopamine levels. Dancing, and Tai-chi are other alternatives for exercising, while biofeedback and retreats are other options for mood elevating effects as well as improved sleep patterns can result from these types of workout

Warning While light to moderate exercise increases dopamine production, excessive training can lead to decreased dopamine levels, causing problems with sleep.

Steps you may follow

A successful exercise program begins with few simple steps 1. Consult with your doctor and discuss appropriate exercise that fit you needs. 2. Build up your fitness level gradually 3. Pick an activity that you enjoy 4. Make your exercise program an ongoing priority a) Set some goals b) Find a friend c) Change up your routine and stick to it.

All it takes is sincere commitment and dedication on your part. So, it's about time you get your gear and begin exercising!



Quotes of the month:

"The secret of getting ahead is getting started" -Mark Twain

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness"

Edward Stanley



We are on



Suggested Readings:

