

# EAT WELL - MOVE WELL - THINK WELL®

## Living the Innate Lifestyle™

© The Wellness Practice

November 2020

© Dr. James L. Chestnut M.Sc, D.C., C.C.W.P.

### *Move Away from Stress, Anxiety, and Depression: Study Shows Exercise Improves Mood and General Well-being!!*

Tomasi, D. et al. Positive Patient Response to a Structured Exercise Program Delivered in Inpatient Psychiatry. *Global Advances in Health and Medicine*. 2019; 8: 1-10.

#### QUOTE BOARD:

"The primary need of this research aims at developing clinical strategies and healthier coping skills for anger, anxiety, and depression; promoting self-esteem, healthier sleep, and anxiety reduction; as well as enhancing mood and emotional-behavioral regulation via exercise."

"The research yielded positive outcomes in all areas investigated, suggesting the positive effects of exercise and mind-body strategies in the context of psychotherapy in inpatient psychiatry."

**Conclusion:** "Physical exercise may be a helpful way to reduce mental health disorders in the context of inpatient psychiatry by targeting anxiety, depression, anger, psychomotor agitation, and muscle tension and addressing stressors and triggers and to develop a more balanced and integrated sense of self."

#### What You Need to Know:

In this study, conducted on patients with severe enough emotional issues to be hospitalized in a psychiatric hospital, regular beginner level exercise classes resulted in over 90% of patients reporting improved moods and being pleased with "how their body feels now".

Perhaps most importantly, virtually 100% of the patients responded yes to the questions, "After attending this exercise group, do you think you will exercise more?".

If exercise can elicit such positive results for people so anxious and depressed that they require hospitalization, imagine what it can do for everyone else!

#### What You Need to Do:

You need to engage in regular physical activity, and you need to understand that exercise gets easier not harder with time. It is harder to get a regular exerciser to give up regular exercise than it is to get a non-exerciser to begin! This is because your body and mind, in fact your genes themselves, are programmed to require, enjoy, and benefit from regular exercise.

Don't think of working on your physical fitness as you begin to exercise; think of working on your psychological fitness and your self-control. Work on building a healthy habit not on physical fitness. The trick is to set a very easy goal to exercise for even 1 minute each day for 30 days. You can do more if you like but never do less and never miss a day. Tick off days on a calendar when you exercise. Tell yourself it is just like you to be a regular exerciser each day because you are genetically programmed to enjoy exercise. As time goes by, increase the number of minutes you exercise - when it feels easy!

For more guided help developing and sustaining healthy lifestyle habits consider enrolling in the Eat Well Move Well Think Well® On-Line Lifestyle Plan. For more information ask your practitioner or visit [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com).