

# PALO PINTO GENERAL HOSPITAL

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## Health Promotion Series-Stress Management

Vol. 6



### Physical Activity

This week our coping technique for managing stress is **Physical activity**. Having regular physical activity is a great stress reliever. It can trigger the release of endorphins which helps boost your mood and improve your overall health. You don't have to have a rigorous "work out" at the gym to reap benefits of being active - just taking a stroll, yoga, swimming, or bowling with friends can be enough to help release those feel good endorphins. It is usually encouraged for most people to be active at least 30 minutes most days of the week to reap the most benefit from activity. If you can combine the activity with a friend, it becomes less of a "chore" of "exercise" but rather, an enjoyable time with your friend. It is also thought that taking stroll or doing yoga can be just as beneficial doing it independently to help clear your head and provide new perspective. Either way, getting blood moving through activity can be helpful!

