EXERCISE AND ANXIETY

ANXIETY IS OUR PRIMAL RESPONSE TO STRESSORS IN OUR ENVIRONMENT

THOUGH, MOST OF THE TIME, WE ARE NO LONGER RUNNING FROM LIFE THREATENING DANGER...

IN OUR DAY-TO-DAY LIVES, WE EXPERIENCE A COMBINATION OF STRESSORS THAT CAN TRIGGER THIS PRIMAL “FIGHT OR FLIGHT” RESPONSE REPEATEDLY...

CHRONIC ANXIETY:

- RAISES STRESS HORMONE LEVELS SUCH AS CORTISOL WHICH PERPETUATES ANXIETY
- INCREASES RISK FOR CARDIOVASCULAR DISEASE, HYPERTENSION, ALZHEIMER’S, AND DEPRESSION
- CAUSES PANIC ATTACKS AND CAN BE DEBILITATING FOR SOME

WHAT CAN ANXIOUS PEOPLE DO TO FEEL BETTER?

EXERCISE!

HERE ARE THE FACTS...

THESE GRAPHS SHOW MEASUREMENTS OF SPECIFIC STRESS HORMONE LEVELS BEFORE AND AFTER REGULAR PRACTICE OF KOUKSUNDO MARTIAL ARTS.

EXERCISE REDUCES STRESS HORMONE LEVELS AND IN TURN:

- IMPROVES HEALTH: LESS OVERALL ANXIETY = LESS NEGATIVE IMPACT ON THE MIND AND BODY
- IMPROVES STRENGTH: MORE STRENGTH = LESS ANXIETY ABOUT INJURY
- IMPROVES MOOD: MORE RELAXATION = CALM, HAPPY MIND
- IMPROVES MEMORY: HIGH CORTISOL = NEGATIVE EFFECT ON MEMORY AND CONCENTRATION
- CAN REDUCE PANIC ATTACKS!