Exercise and its Effect on Depression/Anxiety

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Benefits of Exercise Psychologically:
- Reduced Stress
- Less anxiety
- Decreased feeling of depression
- Boost in Self Esteem

A Biological Psychiatry Journal study stated, “Group exercise training in older patients with major depression was as effective as antidepressant treatment with sertraline.”

Regular exercise gives the body not only a short term effect of better feeling, it also improves the mind in the long run.
- helps brain cope with stress and anxiety
- better memory
- better sleep

Endorphins are released in the brain in as little as ten minutes, after light aerobic exercise, this gives the body a feeling of euphoria and positivity!