

Movement...for your mind!

To promote your mental well-being, find exercise activities that encourage movement, in places and with people you enjoy!

- Work towards building a habit of engaging in physical activity most days of the week. One study suggests that engaging in physical activity 30-60 minutes, 3-5x a week resulted in the biggest reduction of poor mental health days.
- Don't be as concerned about the intensity, duration, or volume of exercise, especially at the start. Instead, find activities you enjoy, in a pleasurable environment, to provide a positive boost to your mind! Change movement activities from a 'have to do' to a 'get to do.'
- Try a team sport, group fitness class, or find a workout partner! The social aspect to moving together can contribute to improved mental and emotional well-being.

The Lancet. "Exercise linked to improved mental health, but more may not always be better." ScienceDaily. ScienceDaily, 8 August 2018. <www.sciencedaily.com/releases/2018/08/180808193656.htm>.

University of Georgia. "Not all exercise boosts mental health — it's the why that matters most." ScienceDaily. ScienceDaily, 13 July 2025. <www.sciencedaily.com/releases/2025/07/250713031443.htm>.

Try a Mindful Walking Meditation!

Mindful walking, or a walking meditation, is another type of activity that can be beneficial to our body and mind. Just as we might sit and practice mindfulness by bringing our attention to the present, we can do the same by attending to our movement and how it makes us feel. If you are unable to walk, picture yourself moving in your mind's eye. Visualization can be powerful.

Choose a safe place to practice, undisturbed, for 10 minutes or more. (Remember to silence your device!) The goal is to notice your perceptions, not necessarily to reach a destination. Along the way, identify one thing you can see, hear, smell, and feel.

Finally, note how you felt before and after the mindful walking experience.