



# Coronavirus

## Physical Exercise for Stress Relief

Being active can make you feel good and distract you from your worries. Exercise increases your overall health and sense of well-being. It has several direct stress-relieving benefits and should be a part of your stress management plan. With the current Coronavirus (COVID-19) affecting us all, now more than ever exercise can help us relax and stay healthy.

### **Exercise serves as an outlet for frustrations.**

When we get stressed at life's annoyances, we can start to experience low-grade anger. High-energy forms of exercise can provide an effective release of those negative emotions. Turn those unhealthy emotions into motivation for increased health and well-being.

### **Exercise can serve as a healthy distraction.**

Physical activities can take your mind off your problems and redirect them into the activity at hand. Exercise usually involves a change of scenery, which can decrease worrisome thoughts and reduce stress.

### **Exercise can improve your social support.**

Because exercise and physical activities often involve others, it provides a double dose of stress-relieving benefits. Working out with others can make you feel good and motivate you to work harder.

### **Exercise for better health.**

Stress can cause illness, illness can also cause stress. So exercise can improve your overall health which can improve the way your body responds to stress. Helping you stay healthier longer.

### **Exercise to improve your mood.**

Regular exercise can increase self-confidence and relax you. Exercise can also improve your sleep which lowers the symptoms of anxiety and depression.

### **Exercise to boost your resilience to stress.**

Those who get more exercise become less affected by future stress as well as coping with current stress better.

**This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).**

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.eap4you.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.

This material was developed exclusively at the private expense of New Directions Behavioral Health, L.L.C. and constitutes limited rights data/restricted special works consistent with the provisions of the United States Postal Service (USPS) Supplying Principles and Practices. Use of this material is authorized in connection with EAP services provided by New Directions under contract no. 2BMICS-18-0013 and conveys no additional rights.