



YOU ARE NOT ALONE: BE BRAVE

EXERCISE: MOVE YOUR BODY

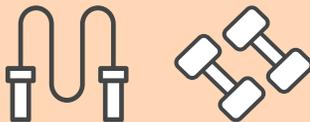
The human body is designed to move. Much like our cars must be driven in order to keep the connections, the wiring, and the moving parts functional, not to mention periodically getting it out on the highway to remove the carbon out of the engine, our bodies must be moved in order for us to extricate the build up from within: primarily stress and anxiety.

Harvard Psychiatrist John Ratey reminds us that regular doses of movement are a powerful tool to combat anxiety.



TECHNIQUE:

Specifically, movement that causes some mild stress aerobically will improve our oxygen intake, decrease muscle tension, “and increase the availability of important anti-anxiety neurochemicals, including serotonin, gam-ma aminobutyric acid (GABA), brain derived neurotrophic factor (BDNF), and endocannabi-noids” (October 2019).



Not to mention that it simply helps us to change mental channels by temporarily removing us from the stress filled conditions that we are facing.

- 1 Stop what you are doing right now and remove yourself physically from the space you are in. Leave the technology behind.
- 2 If possible, get outside for some aerobic stimulation; a fast-paced walk for example. Remember anxiety is more dangerous than a little cold or damp weather. A dog helps!
- 3 Whether inside or out, move your joints. Move your arms and shoulders, move your knees, hips and ankles, and move your neck. 10 brief half seated squats, up and down with your arms stretched out front, will begin to stimulate your heart and lungs.
- 4 Stretching of those joints and large muscle groups will help. Do NOT bounce your stretch. Hold your stretch. No one is watching you but you.
- 5 Finally, remember that exercise or movement without breathing effectively is more harmful than helpful. We are here to reduce stress, not to have it build up!

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