How Regular Exercise Helps With Stress

Getting regular exercise is important for your physical health, but it can help you emotionally as well. Moving your body and getting your blood pumping can do wonders for your stress, whether it is from relationships, work, finances, or other forms of stress.

**It Clears Your Mind**

One way that exercise can help with stress is by clearing your mind during those minutes when you are working out. Think about the last time you were swimming laps, going for a jog, or running on the treadmill. You will probably more concerned with your speed, agility, or even how sore your body was becoming, so you were less focused on whatever was stressing you out. Exercise can clear your mind and start relieving stress one workout at a time. Before too long, you look forward to your next workout when you are thinking about whatever is causing you stress.

**You Can Release Endorphins**

Regular fitness will also help you release endorphins, which improves your mood and benefits you greatly when you are struggling with stress. Endorphins are happy chemicals in your brain that are always there, but need to be released. When your blood is pumping through exercise, you start releasing those endorphins, which is when you start to feel happier. It puts you in a great mood, you feel more energized and ready to take on the day, and of course your stress doesn’t bother you quite as much.

**It Keeps You Busy and Distracted**

Stress is sometimes overwhelming due to the many issues in your life. Sometimes you just need to distract your mind a little bit, which can be done by exercising. Try to stick to a regular fitness routine that keeps you busy 30-60 minutes a day, several days a week. By doing this, you are distracted and not thinking about the financial, work, personal, or relationship stress in your life.

**You Can Handle Acute Stress Much Better**

Acute stress occurs from individual situations instead of simply being stressed all day, every day. You can have acute stress if your boyfriend breaks up with you, during a fight with your best friend, or when something at work becomes too much to handle. Acute stress is easy to relieve simply by running after work or hitting the gym for an hour. It is a great thing to turn to when you want to relieve that stress in a healthy and productive way. It also helps to keep you from turning to alcohol or drugs to take the stressful feelings away.