Physical activity increases endorphin production in the brain. Endorphins are neurochemicals that can boost your mood and general feeling of well-being. If you exercise regularly, you may feel less stressed, more confident and focused.

Let's Get Physical

**Exercise**  
Try to make exercise part of your regular daily or weekly routine. Start by taking five minutes each hour to stretch.

**Find a Group**  
Start a physically-distanced walking group.

**Fuel Your Body**  
Fuel your body by eating healthful foods and getting plenty of sleep.

**Slow Down Breathing**  
Really deep, slow breaths. Deep breathing is shown to be effective in helping to reduce immediate stress.

**Try Walking Mindfully**  
Pay attention to little pleasures along the way and embrace the smells, sounds and observations you usually overlook.

**Walk in Nature**  
Studies show it has a powerful positive effect on mind and body. Some call it a “green lift.”

If you or someone you know is struggling with mental health and addiction at any time, please reach out. Help is always available.

**Local CMHA Branch Support**  
**Provincial Mental Health Support**

#CMHAHolidayTips