PROJECT: PHYSICAL ACTIVITY AND EMOTIONAL HEALTH

You have learned that mental and emotional health is affected by several different factors. One of these factors that you have definite control over is physical activity. Did you know that exercise has been shown to improve emotional health? Daily exercise can actually counteract feelings of anxiety or depression by stimulating the brain to release morphine-like chemicals called endorphins. People who exercise regularly are able to be more relaxed throughout the day and sleep better at night.

When you think of exercise, you might immediately think of going to the gym and running on the treadmill. Luckily, the beneficial effects of exercise are apparent through any kind of physical activity.

List of 5 of your favorite physical activities below. Do you like swimming, rollerblading, riding your bicycle, hiking, or playing a sport? Maybe you like to go walking around your neighborhood or around the mall. Even dancing to music in your room counts as a physical activity. If you can't think of five activities you like to do, list as many as you can think of and write down things you would like to try in the remaining spaces.

1)

2)

3)

4)

5)

Now that you've written down some of your favorite activities, set a schedule for when you will participate in these activities. Try to do each one at least one time this week for a duration of at least 30 minutes. At the end of the week fill out the attached table.

Observe how you feel while you are participating in each activity, directly after you finish with the activity, two hours after the activity, and the day after the activity. Do you feel better than you did last week when you weren't as active, or do you feel the same? Do you have more energy during the day? Can you sleep better at night? Do you have the urge to be more active? Do you feel more relaxed? Record any changes to your mood that occur during this time period.

How Do You Feel…

Activity	Immediately following the activity	2 hours after the activity	The day after the activity
1)			
2)			
3)			
4)			
5			