Beating the Blues with Exercise

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Stay Calm and Well
Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life
Skills Building - Week #1

• Cope with stress
• Take care of yourself
• Connect with others
• Know where to get help
• Set a personal goal for this week to take care of yourself
Learning Objectives

• Distinguish between physical activity and exercise
• Discuss the benefits of exercise
• Explore how exercise can help alleviate depression symptoms
• Review exercise recommendations
• Identify barriers to exercise
• Learn tips to stay motivated
You tell me….

Do you participate in some type of exercise?

If so, what?
Physical Activity vs Exercise

**Physical activity** is any activity that works your muscles and requires energy, and it can include work and household or leisure activities.
Physical Activity vs Exercise

**Exercise** is a planned, structured, and repetitive body movement done to improve or maintain physical fitness.
Overall Health Benefits of Exercise

- Strengthen the heart
- Improve immune function
- Lower blood pressure
- Improve muscle tone
- Strengthen and build bones
Overall Health Benefits of Exercise

• Body better able to use oxygen
• Help reduce body fat
• Make you look fit and healthy
• Increase energy
• Improve sleep
Mental Health Benefits of Exercise

• Increase or maintain cognitive function
• Develop new brain cells
• Increased thickness of the cerebral cortex and improved integrity of white matter
Mental Health Benefits of Exercise

• Releases endorphins
• Reduce stress, anxiety, and depression
• Better sleep
• More energy
Mental Health Benefits of Exercise

• Sharper memory
• Reduce stress, anxiety, and depression
• Boost self-esteem
• Increased resilience
You tell me….

Why do you exercise?
Evidence-Based Recommendations for Exercise

Aerobic exercise

3x/wk for 45-60 minutes

Moderate intensity

10-12 weeks
Teachers College Research
People who exercise 2.5 to 7.5 hours per week report better mental health—but more can be too much of a good thing
Exercise-Mental Health Research

Harvard T.H. Chan School of Public Health study
Running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%
Exercise-Mental Health Research

Regular leisure-time exercise of any intensity provides protection against future depression

Modest changes in population levels of exercise may prevent a substantial number of new cases of depression
2018 Recommendations for Exercise

At least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing

OR

75 to 150 minutes of vigorous aerobic activity, like running, swimming, or cycling, each week
2018 Recommendations for Exercise

Muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days each week.
2018 Recommendations for Exercise

The key guideline for adults is to move more and sit less.
Mental Health Obstacles to Exercise

- Feeling exhausted
- Feeling overwhelmed
- Feeling hopeless
- Feeling bad about yourself
- Feeling pain
- No time
Tips to Stay Motivated

• Focus on activities you enjoy

• Be comfortable

• Reward yourself

• Make exercise a social activity

• Ditch the all or nothing attitude
Tips to Stay Motivated

- Set reasonable goals
- Change your attitude about exercise
- Analyze your barriers
- Prepare for setbacks and obstacles
You tell me….

How do you stay motivated to exercise?
S. M. A. R. T. Goal

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BASED
This too shall pass, eventually
Resources

American Journal of Psychiatry
Cleveland Clinic
Columbia University
Department of Health and Human Services
Helpguide.org
Journal of Psychiatric Practice
Mayo Clinic
National Institute of Health
National Institute of Mental Health Information Resource Center
OSU Extension

livesmartohio.osu.edu
livehealthyosu.com
Skills Building - Week #2

- Move more sit less
- Identify your barriers and how to overcome them
- Plan your day
- Focus on the benefits of physical activity/exercise
- Set a personal SMART goal to be more active
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation

This survey will be sent via email to all registrants.
This and all future series recordings can be found at:
https://u.osu.edu/keepcalmcovid193/recorded-webinars/
Next Week

December 16, 2020 12:30 - 1:00 pm EDT
Beating the Blues through Kindness and Gratitude
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