

Walking through Anxiety



Resource Description

This resource is designed to provide your members an opportunity to learn about ways that walking and other forms of exercise can be used to help decrease feelings of anxiety.

Share this information with your chapter members on OmegaOne or social media. Work with the chapter PR chairman to share this on social media or the VPCO to put this on OmegaOne. This could also be passed out prior to a program about mental health or even just as a resource at a chapter meeting. You could even take a walk as a chapter.

Why Walking Helps with Anxiety

1. A walk as short as 30 minutes every day (or as often as possible) can lower your heart rate, ease your anxiety and relieve your stress.
2. Exercise (and walking, specifically) releases feel-good endorphins that serve as natural painkillers. These same endorphins help to balance out the adrenaline and cortisol in nerve-wracked systems, and promote a host of other health benefits.
3. Even just 5 minutes of exercise, such as a light walk around the block, can also promote deeper and more consistent sleep patterns. When you get more sleep, your brain is more effective at protecting you and providing the mental clarity you need to get through your days, especially the stressful ones.
4. Studies have consistently shown that steady and regular exercise can reduce the risk of mental health conditions by up to 25%: that number increases the longer the pattern remains in place.
5. Making time can seem difficult at first, but is possible:
 - a. Use a pedometer to track your steps and set a manageable daily goal
 - b. Try to talk at the same time every day to create a routine
 - c. If you don't have 30 minutes, 5 or 10 is better than none!
6. If you have been experiencing stress and/ or anxiety, or are simply looking for a way to increase your overall health, consider making walking outside a part of your schedule. Find a walking friend or group to keep you company and for safety.

Sources Used

1. <https://www.bridgestorecovery.com/blog/one-step-at-a-time-why-taking-a-daily-walk-can-ease-anxiety-and-stress/>