

Style of the city

Movement for Mental Wellness

POSTED ON
9TH APRIL 2020



If our Instagram feeds are to be believed we should all be doing daily burpees and squat jumps to get us through this crisis, but what if you, or your body, just don't feel like it.

I really believe that movement is such an important part of physical and mental wellness and whilst I'm not going to tell you what you should be doing, I can give you some suggestions for what you could be doing if burpees and squat jumps aren't your thing.



Strength Training

If you're feeling like 'you might not be able to get through this?' There's emerging evidence to suggest that strength training can build mental resilience as well as physical. A short circuit with bands or weights, anything that creates a resistance, could really help you feel strong in body and mind.



Running/ Walking

If you're feeling like 'you need to get away from it all'. A 20-30minute walk or run (try a combination of the two if you're new to running) can give you the repetitive meditation, fresh air and 'me time' your body and mind might need to feel refreshed and ready to go again.



Cardio or HIIT

If your mood is low and you're feeling sluggish, a short burst of higher energy movements can flood blood to your muscles and your brain causing a release of endorphins. These endorphins will help you feel more cheerful and energised. Evidence suggests that exercise can act as a mild anti-depressant. Powerful stuff.



Yoga

If you're feeling stressed and anxious, multiple studies have shown that even a short yoga practise can decrease the secretion of cortisol, the primary stress hormone, and this can ease stress and lower anxiety. Take your practice into the garden for the increased benefit of fresh air.



Breathing

If you're not a yogi, simple breathing exercises can also be very effective. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. Try breathing in for 4 seconds, hold for 7 seconds and breathe out for 8. Repeat x 3

Betsan de Renesse

Female Specific * Body Positive * Pre/ Postnatal Personal Trainer

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