

Beating the Blues with Exercise

Misty Harmon, MS

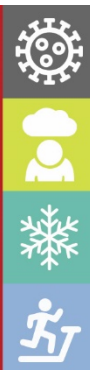
Family and Consumer Sciences Educator

OSU Extension Perry County

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

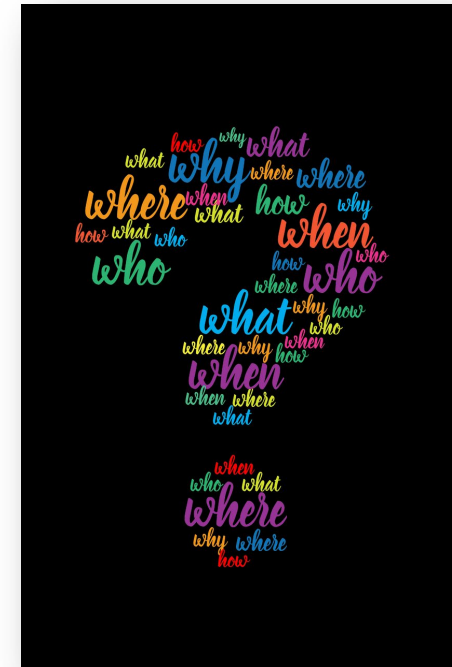
- Distinguish between physical activity and exercise
- Discuss the benefits of exercise
- Explore how exercise can help alleviate depression symptoms
- Review exercise recommendations
- Identify barriers to exercise
- Learn tips to stay motivated



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



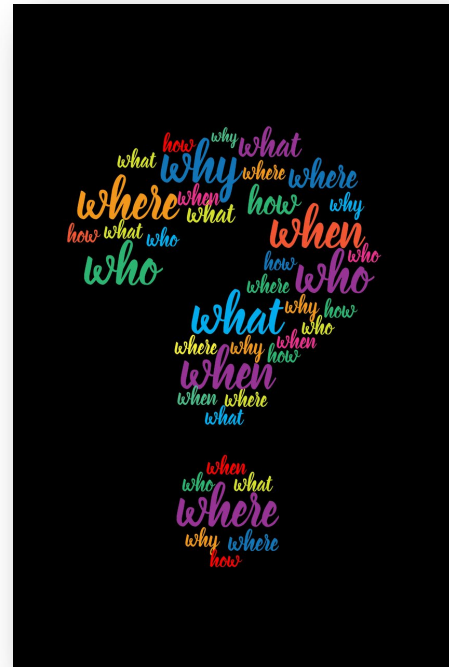
Mental Health Benefits of Exercise

- Sharper memory
- Reduce stress, anxiety, and depression
- Boost self-esteem
- Increased resilience



You tell me....

Why do *you* exercise?



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Evidence-Based Recommendations for Exercise

Aerobic exercise

3x/wk for 45-60 minutes

Moderate intensity

10-12 weeks



Exercise-Mental Health Research

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



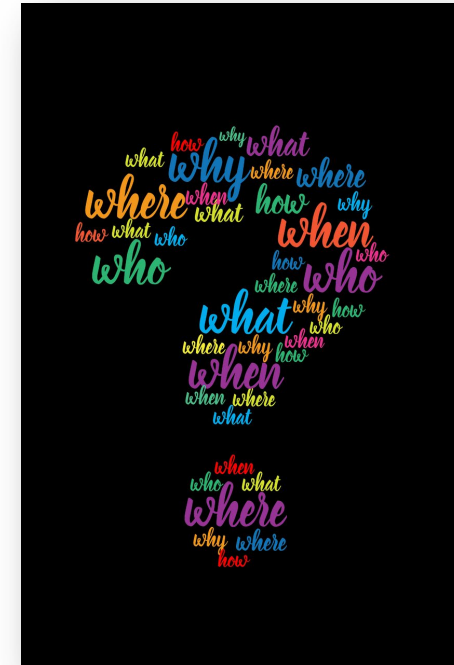
Tips to Stay Motivated

- 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



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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



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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/keepcalmccovid193/recorded-webinars/>



Next Week

December 16, 2020 12:30 - 1:00 pm EDT

Beating the Blues through Kindness and Gratitude

Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN

Vice President for Health Promotion, University Chief Wellness Officer

Dean and Professor, College of Nursing

Executive Director, the Helene Fuld Health Trust National Institute for Evidence-based Practice

Professor of Pediatrics and Psychiatry, College of Medicine

The Ohio State University

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