

EAP Newsletter JUNE 24

We all know that exercise can affect our physical and mental health. This month, we look at the physiological impacts of exercise on our bodies and how it can be beneficial, especially in the workplace.

Mood & Exercise

Effective emotional regulation and physical activity are essential for maintaining a positive mood and overall health and wellbeing.

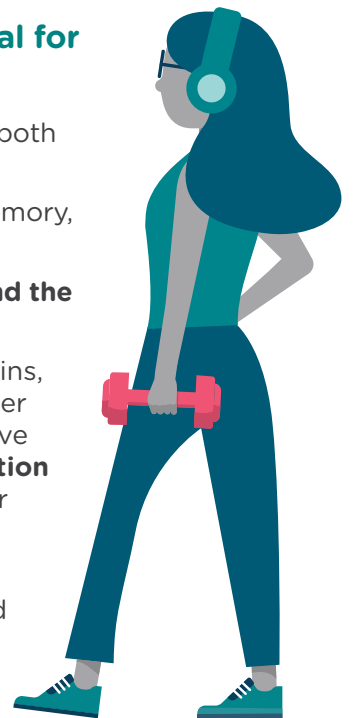
Physical activity can improve overall **self-esteem**, which positively influences both emotional regulation and mental wellbeing.

Physical activity also has a **beneficial effect on cognitive abilities** such as memory, attention span and decision making.

Physical activity specifically **reduces symptoms of anxiety and depression and the risk of developing mood disturbances.**

The beneficial effect of regular exercise is due to the production of endorphins, which are hormones the body releases during physical activities which trigger a positive feeling in the body, and help relieve pain, reduce stress and improve wellbeing. Endorphins contribute to mood regulation and **enhance the function of the pre-frontal cortex**, a region of the brain responsible for regulating our emotions and decision-making.

Physical activity provides a mechanism for **stress relief** and can assist individuals in self-regulating their emotions by allowing them to process and manage their feelings in a healthy way.



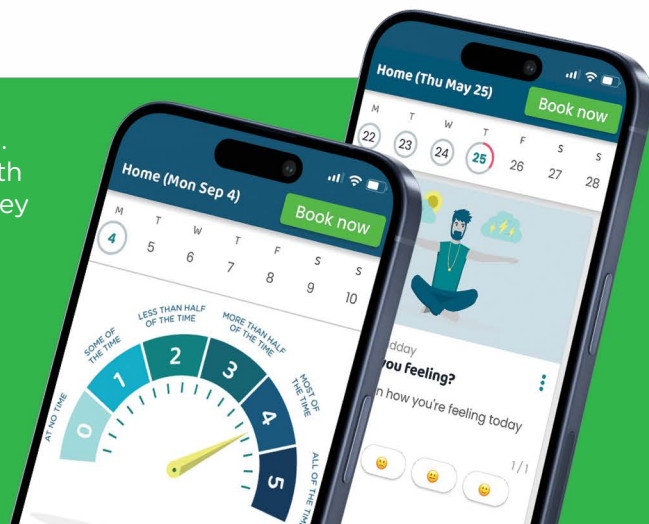
We know that physical activity has a positive impact on mental health and emotional regulation.

Get habithealth+ and get motivated.

The habithealth+ app contains 'health journeys' that can help you get started, and motivate you to keep going.

The app helps you set aside time for exercise on a regular basis. The journey will be different for each person, some will start with more intense activity, others may start slow and build up. The key to success is to do what you can, when you can - **consistently!**

Download the app now to start your walking journey with the first step!



The mental health benefits of exercise



Increased production of neurochemicals that promote brain cell repair



Improved memory



Increased attention span



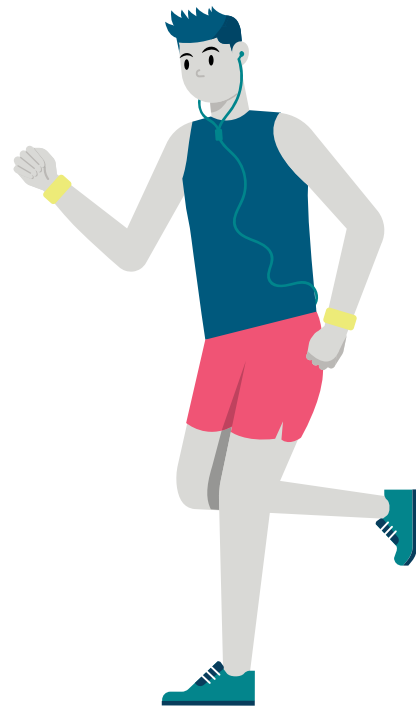
Boosted decision making skills



Improved multi-tasking



Reduced risk for anxiety and depression



Fitness coaching

If you need support to develop good exercise habits you can access our fitness coaching service which provides;

- Access to a rehab coach
- Individually tailored exercise plans
- Education and understanding of fitness benefits
- Support for maintaining good fitness habits.



These sessions are provided virtually and can be booked online at eapservices.co.nz, by calling 0800 327 669 or by scanning the QR code.



Our team are here to help

To make an appointment, **book online** or call **0800 327 669**

eapservices.co.nz