

Fight Your Depression With Exercise

When you are feeling depressed, exercise can improve your mood in a number of ways. During exercise, your brain increases the production of chemicals that can lift your mood and regulate your emotions. With regular exercise you will feel stronger and more confident, and more likely to feel that you can make positive changes in your life. Exercise will also increase the oxygen flow to your brain which may help you think more clearly, rationally and more positively.

Directions

1) Circle the types of exercise you can do on a regular basis:

bike riding	Baseball	football	handball
jogging	Hiking	soccer	karate
walking	Skateboarding	surfing	Pilates
weight lifting	kick boxing	skiing	yoga
tennis	Swimming	dancing	basketball

Write down any other exercises you think you can do that aren't listed above:

- a) _____
- b) _____
- c) _____
- d) _____

2) Now choose three exercises of these that you would like to do over the next week.

Exercise a) _____

Exercise b) _____

Exercise c) _____

3) Decide how much time you need for each exercise. Fifteen minutes? A half-hour? An hour?

Exercise a) _____ Exercise b) _____

Exercise c) _____

4) For each of the exercises, write down how often you can realistically do them in a week.

Exercise a) _____ Exercise b) _____

Exercise c) _____

5) For each of the exercises, write down which days are best (early in the week, on weekends, etc.), and what time of day is most realistic (before school, at night, etc.).

Exercise a) _____ Exercise b) _____

Exercise c) _____

5) Keep a chart or journal to record how many times you actually exercise and the affect that exercise has on your mood