

Depression and the pandemic: how physical activity can help

30th September 2020

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Depression and the pandemic: How physical activity can help

During the current pandemic, many people may be experiencing depression symptoms, which can result in lack of motivation to be physically active.



Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication, and maintaining an exercise schedule can prevent relapses. Physical activity promotes positive changes in the brain stimulating feelings of calm and wellbeing. Here are some ideas to get you started!

Get enough sleep.

Go to bed and get up at the same time each day to ensure you get a consistent amount of sleep.



Be comfortable.

Get outside in an area that makes it easy to physically distance such as a nature trail or your backyard. Find an activity that interests you such as dancing or gardening.

Follow along with a recorded workout.

Online video platforms offer free workout or exercise videos, or build a collection of paid workout videos from instructors you like.

Work activity into your day.

Leave the car at home when going somewhere nearby. Take a moment to stretch after responding to emails. Pace or use hand weights when on the phone or watching TV.



Join a virtual group.

Some people like the competitive nature of fitness challenges. Start small and make sure your reasons for increasing your activity are personal. Set realistic and achievable goals, track your progress and have fun!



Relax and recharge.

A few minutes of quiet time can be refreshing to quiet your mind and reduce anxiety. Practice deep breathing, tai chi, yoga, meditation, soaking in a bubble bath, listening to music, or reading or listening to a book. Find what works for you and practice it regularly.

Connect with your Assistance Program to find ways of including physical activities into your daily routine.

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