



Physical Activity, a Pathway to Mental Health

The benefits of physical activity and exercise have been demonstrated throughout our lifespan. We are meant to move and many of our body's systems work better when we are consistently physically active. For managing symptoms of depression, anxiety and other mental health challenges some research suggests that elevated levels of aerobic activity may be associated with greater reduction in these symptoms.

We are all managing additional stress related to the COVID-19 pandemic and its potential to threaten the health of ourselves, our families and our communities. Although many things feel beyond our control right now, we do have the ability to be creative and to schedule physical activity and exercise into our time. We may even look back on this difficult time as the turning point when we learned new ways to build our emotional resilience and our physical health.

For this week's theme we are providing you with a video called How Exercise Improves Mental Health. You can access this video here:

- <https://www.youtube.com/watch?v=rqCWYYOLMHK>

In addition to the webinar we also have the following resources available to you:

- [The Mental Health Benefits of Exercise](#)
- [Other Mental and Emotional Benefits of Exercise](#)
- [Overcoming Mental Health Obstacles to Exercise](#)
- [Getting Started Exercising When You're Anxious or Depressed](#)
- [Call a Trained Wellness Coach for free](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
 - Email support@resourcesforyourlife.com
 - Visit <http://ca.resourcesforyourlife.com>
 - COMPANY CODE: BMWeCare
 - Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play