

Walk for better mental health



The stress of our daily lives can feel overwhelming, sometimes making us depressed, fatigued and feeling stuck. Adopting a regular walking routine can help you control stress—plus, it's great exercise! Walking can lift your mood and outlook, helping you feel more balanced and in control. Try these tips to get started:

Use reminders. Set a timer to get up and walk before or after work, or on your lunch break.

When walking, slow down and open your senses. Feel the breeze, hear the birds, smell the cut grass, and look at the cloud formations. This enhances the calm feeling of being grounded in the moment, helping you become unstuck from worrying thoughts.

Join up with a buddy or two. Socializing while walking boosts the benefits! Make a set date for a walk-and-talk with a friend around the neighborhood or at a nearby park. Or plan a bigger walking expedition together through a national park. No companions available? Check out [meetup.com](https://www.meetup.com) to join a walking group in your area.

Sign up for a charity walk-a-thon. Walking for a cause is an excellent mood lifter and stress buster.

Don't let a little foul weather sideline your walking. Wear weather-proof walking shoes and outerwear. On rainy days, avoid walking in areas that may turn slippery, or opt for an indoor walk around your local mall.

Check out special outdoor exhibitions. Many botanical gardens, zoos and historical sites offer miles of intriguing exhibits and displays to explore on foot year-round and during holidays.

Use mini walks throughout your day to keep up the momentum. Some ideas: Use part of your lunch hour to walk. Park far away from your destination and take a lap around the building before entering. Consider scheduling walking meetings with colleagues.

Remember, the more you walk, the more you will WANT to walk — and the better you will feel!

Struggling with stress, anxiety, or depression?

Reach out to a Health Advocate EAP professional for support and coping strategies. The service is available to you and your family members at no cost. You can also find helpful mental health information on our website.



855.424.6400

answers@HealthAdvocate.com
HealthAdvocate.com/Inframark

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