

## Walk Away the Blues

### Improve Your Mood Through Regular Daily Walks

Did you know that taking a brisk walk can brighten your mood? Within just ten minutes of walking, you can begin to feel your mood improve.

What's behind the mood brightening affect of walking or any other exercise? Experts agree that the positive influence of exercise on your emotional well-being is probably multifactorial.

Besides the "feel good" impact of endorphins and serotonin, brain chemicals that are released when exercising, your mood may be elevated by the extra energy and increased blood flow walking brings to your entire body.



Come,  
**Walk**  
with Us!

#### TIPS FOR MANAGING THE BLUES:

- 1 When walking, **focus on good posture** – lift your head and chest, straighten your back, and put a smile on your face. Walk the talk!
- 2 **Add a bit of music to your daily walk** – put your ear buds in, take along your portable music device, and sing aloud if you choose. Favorite tunes are a sure way to make you feel happier!
- 3 **Walk to vent anger and frustration** – make some noise: sigh, growl, groan, snarl, and stomp your feet a little. You may be surprised at how quickly your mood lifts!
- 4 **Enlist a walking buddy** – find a walking buddy who can listen without the need to offer advice or pass judgment. Your buddy can also act as a distracter. Have fun socializing with a friend!

#### The Blues vs. Depression

According to the National Institute of Mental Health, depression is feeling "down", "low" and "hopeless" for weeks at a time. Feeling blue lasts only a day or two.

**Talk with your healthcare provider about your prolonged feelings of sadness.** Depression affects approximately 20 million adults in the United States every year. Women experience depression two times more than men. Help is available: counseling, support groups, and/or medication. Your provider will help decide what option is best for you and your unique situation. The good news: depression is manageable and curable in most cases! Take the test; are you depressed? [CLICK HERE](#)

For more information, visit:

American Academy of Family Physicians – "Depression: You Don't Have to Feel This Way":  
<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/046.html>.