



WHAT DOES YOUR MENTAL HEALTH LOOK LIKE?

Mental Health and Your Body

GET STARTED

Are you one of those lucky people who genuinely enjoys exercising? Even if you're not, you may be familiar with the term "runner's high." It describes the euphoric feeling that many people experience after intense physical activity, such as swimming, playing sports, and, of course, running. The hormones that are released when we work out fight off feelings of anxiety and stress, which is why many experts recommend exercising and taking care of our bodies as a way to improve mental health.

This week, our experts explore various physical health conditions including diabetes and chronic pain, and their impact on psychological well-being.

SIGN UP FOR OUR NEXT ASK THE EXPERT WITH SUSAN ORSILLO
ON OCTOBER 8TH AT 12PM ET.

Also in this campaign:

Mental Health and Your Mind
Mental Health at Work
Mental Health and Relationships

Get started with the Campaign : What Does Your Mental Health Look Like?

START