

# The Relation between Physical fitness and Mental Stability

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**Abstract:** Since decades, Physical Exercise is well known for ones overall fitness and morale, there has been tremendous positivity on one's entire being as the result of exercises. It's a powerful medicine for several health challenges, this paper will thrown light on how physical fitness keys to the betterment of one's self-confidence which in turn adds vitality to his success.

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## Introduction.

Exercise is good for one's body. Studies say that it can ignite minds, improvise sleep, and thus helping in dealing with depression, anxiety, stress, and much more. It isn't just about aerobic capacity and muscle size rather about a sound mind and also added years to life. People who regularly exercise do so the reason being : it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and stay positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges. Regular exercise can have tremendous positive impact on depression, anxiety, etc.. It also helps in relieving stress, improvising memory, better sleep, and overall mood boost. Research states that modest amounts of exercise can make a real difference, irrespective of age or fitness level, exercise can be used as a powerful tool to deal with mental health problems, energy improvisation and outlook, and get more out of life.

## Exercise and depression

Studies have revealed that exercise can treat mild to severe depression as effective as anti-depression medicines without any side-effects. Running for 15 minutes a day or walking for 60min reduces the risk of major depression. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent relapsing. Exercise is a powerful depression fighter for several reasons, At the outset it promotes all kinds of changes in the brain, including neural growth, inflammation reduction, and new activity patterns that

promote feelings of calmness and well-being. It also releases ‘endorphins’ a powerful chemicals in the brain that energize one’s spirits and makes them feel good. Finally it can also serve as a distraction that allows ‘one’ to find some quiet time to break out of the cycle of negative thoughts that feed depression.

### **Exercise and anxiety**

Anything that gets you moving can help, but you’ll get a bigger benefit if you pay attention to instead of ignoring out. Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances the well-being of a person through the release of endorphins. When your feet hit the ground or the rhythm of your breathing, or the feeling of the wind on your skin notice its sensation on you, this adds a mindfulness element focusing on your body and how it feels, as you exercise you’ll not only improve your physical condition faster, but will also be able to interrupt the flow of constant worries running through your head.

### **Exercise and stress**

Under stress your muscles, especially in your face, neck, and shoulders will be under tension thus leaving you with back or neck pain, or painful headaches, a tightness feeling in your chest, a pounding pulse, or muscle cramps. One may also experience problems such as insomnia, heartburn, stomachache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between one’s mind and body. Exercising is an effective way to break this cycle, by the release of endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. As the body and mind are closely associated, mind feels better as the body feels.

### **Other mental health benefits of exercise**

Even if one isn’t suffering from a mental health problem a regular physical activity can still offer vitality boost to his mood, outlook, and mental well-being.

**Sharper memory and thinking:** The endorphins that make one feel better also help in concentrating and feel mentally sharp for the tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

**Higher self-esteem:** Regular exercise activity is an investment to the mind, body, and soul. When habituated it can foster the sense of self-worth and makes one feel strong and powerful in terms of appearance & achievement.

**Better sleep:** A short bursts of exercise in the morning or afternoon can regulate the sleep patterns. If preferred at night with relaxing exercises such as yoga or gentle stretching sound sleep can easily be promoted.

**More energy:** Increasing your heart rate at the rate of several times a week will give a kickstart increase in energy levels including testosterone, start off with just a few minutes of exercise per day and see the increase in your energy.

**Stronger resilience:** When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately worsen your symptoms. Regular exercise can also help boost your immune system and reduce the impact of stress.

### **How to get started with exercise when you have a health issue**

**Start small:** When under anxiety or depression and haven't exercised for a long time, setting extravagant goals like completing a marathon or working out for an hour every morning will only leave you more despondent if you fall short, so, it's better to set achievable goals and build up from there.

**Schedule workouts when your energy is highest:** If depression or anxiety has you feeling tired and unmotivated all day long, try dancing to some music or simply going for a walk. Even a short, 15-minute walk can help clear your mind, improve your mood, and boost your energy level. As you move and start to feel a little better, you'll often boost your energy enough to exercise more vigorously by walking further, breaking into a run, or adding a bike ride.

**Focus on activities you enjoy:** Any activity that gets you moving counts it all. If you've never exercised before or don't know what you might enjoy, try a few different things. Activities such as gardening or tackling a home improvement project can be of great ways to start moving more when you have a mood disorder thus helping you become more active, they can also leave you with a sense of purpose and accomplishment.

**Be comfortable:** Wear clothing that's comfortable and choose a place that you find calming or energizing. That may be a quiet corner of your house, a scenic path, or your favorite city park.

**Reward yourself:** Complement yourself after every session which always keeps you motivated to promise yourself an extra treat for exercising. Reward yourself with a hot bubble bath after a workout, a delicious smoothie, or with an extra episode of your favorite TV show.

**Conclusion:**

Make exercise a social activity. Exercising with a friend or loved one, or even your kids, will not only make exercising more fun and enjoyable, it can also help motivate you to stick to a workout routine. One need not devote hours in a day to train at the gym, sweat buckets, or run miles after monotonous miles to reap all the physical and mental health benefits of exercise. A 30-minute of moderate exercise for five times a week is enough. And that also can be broken down into two 15-minute or even three 10-minute exercise sessions which sounds easier and flexible. The more you exercise, the more energy you'll have which eventually will make you feel ready for a little more. The key is, to commit to some moderate physical activity on most of the days. As exercising becomes a habit one can slowly add extra minutes or try different types of activities. If kept up the benefits of exercise will begin to pay off.

**Reference:**

<https://www.helpguide.org>

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