

EXERCISE FOR STRESS & ANXIETY

A patient guide



What is it?

Stress and anxiety are highly prevalent mental health concerns in Australia, with significant impact on individual's quality of life and overall health.

Exercise and physiotherapy are evidence-based, cost-effective strategies for the treatment and management of stress and anxiety.

Why Exercise Helps

Exercise is not just good for your body—it's also powerful for your mind.

- Reduces stress hormones (like cortisol)
- Releases endorphins – natural "feel-good" chemicals
- Improves sleep quality
- Boosts mood and energy
- Helps clear the mind and improves focus



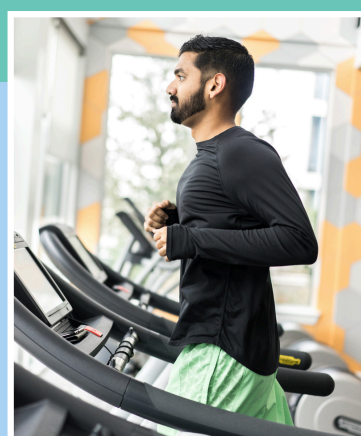
How Exercise Supports Anxiety

- Promotes calm breathing and relaxation
- Provides a healthy outlet for nervous energy
- Builds resilience to everyday stressors
- Enhances confidence and self-control

What Exercise Works Best?

Different types of activity can help in different ways. Aim for what feels good to you:

- Aerobic exercise: walking, jogging, cycling, swimming (20–30 mins, 3–5x/week)
- Strength training: weights, resistance bands, bodyweight exercises (2–3x/week)
- Mind-body exercise: yoga, tai chi, Pilates (1–2x/week)
- Everyday activity: gardening, dancing, stairs, walking the dog



Tips to Get Started

Start small—just 10 minutes can help

- ✓ Choose activities you enjoy
- ✓ Exercise with a friend for motivation
- ✓ Make it part of your daily routine
- ✓ Listen to your body—go at your own pace

Safety Notes

- Check with your physiotherapist or doctor before starting a new exercise program if you have health concerns
- Start gradually to avoid injury
- Stay hydrated and wear comfortable shoes/clothing



Remember

Regular exercise is one of the most effective, natural ways to manage stress and anxiety. Moving your body can help calm your mind, lift your mood, and give you more control over your wellbeing.

Every step counts—start today!

Seek Help

If you're struggling with your mental health, reach out. Speak to your GP or get in touch with an organisation like:

- [Beyond Blue](#) | 1300 22 4636
- [Lifeline Australia](#) | 13 11 14
- [13Yarn](#) | 13 92 76

To get in touch with us, give us a call on 08 8945 3799.

