

October 2009 *LifeSolutions* Corner

I sit at a computer and work long hours. I've been feeling kind of blah and anxious lately, and I'm not sleeping very well. I don't need counseling or meds—it's not that bad. But I'd like to feel better. Can the EAP help?

Yes, we can. Sitting all day at a computer can zap your mental and physical energy. Short periods of regular physical activity—think 30 minutes, three times a week—can make a difference. Don't have 30 minutes you can block off? Even *10 minutes at a time* can begin to

- ◆ boost your self-esteem,
- ◆ help you handle stress more effectively,
- ◆ allow you to think more clearly,
- ◆ give you more energy during the day, and
- ◆ improve your sleep at night.

Exercising gets your endorphins going—they're your brain's natural antidepressants. In fact, a research study at Duke University shows that exercising for 30 minutes, three times a week, is *as effective* as taking a prescription antidepressant.

And you don't have to join a gym or spend hours away from home. You could:

- ◆ walk around your neighborhood or your favorite park,
- ◆ climb the stairs for an energy boost at work,
- ◆ clean house or vacuum (and enjoy crossing it off your to-do list!),
- ◆ dance to your favorite music (around your house, or out for the evening),
- ◆ work in your garden,
- ◆ ride a bike or play ball with your kids,
- ◆ split wood to build a cozy fire....

We can also connect you with other helpful resources. Simply call 1.800.647.3327 to get started or visit our website www.lifesolutionsforyou.com and login to the *WorkLife* portal.

Sources:

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