

Intense Exercise

This skill is helpful for when you are feeling overwhelmed by emotion. Although it is useful for all forms of distressing emotion, intense exercise will be particularly impactful for high levels of anxiety. By exercising when anxious, we are answering our bodies call to fight or flight. This will reduce the distressing emotions you are experiencing allowing you to respond more mindfully to a difficult situation, meet demands/complete tasks, and reduce distress overall.

- Next time you feel overwhelmed by intense emotion (particularly anxiety) engage in 20-30 minutes of intense exercise.
- The goal is to get your heart rate up. You could go for a jog, play basketball, lift weights, do jumping jacks, or watch cardio videos.
- Remember, while the goal is 20-30 minutes, even 5 minutes of exercise may be helpful!