

August Mental Health Tip

Stretch!

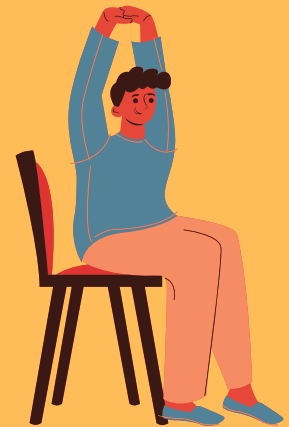
We know stretching keeps muscles flexible, strong, and healthy but did you know stretching can boost mental health? Often stress leads to somatic symptoms like muscle tension, which can cause discomfort and pain. Stretching is one method to combat discomfort and chronic pain caused by muscle stiffness. On a chemical level, stretching increases serotonin, the happy hormone, which can assist in stabilizing mood.

Benefits of stretching:

- Reduced stress
- Improved Blood Flow
- Increased Energy
- Better Sleep

Tips for Stretching.

- Aim to incorporate stretching 2-3x per week
- Stick to the basics! Focus on static (single position) and dynamic (controlled movements) stretching techniques. Avoid ballistic (forceful) stretching - forceful stretching can lead to muscle damage.
- Hold the stretch for 15-30 seconds.
- Listen to your body! Don't rush yourself; ease into stretching.



Research shows that regular exercise is connected to better mental and physical health outcomes. Stretching as a form of exercise may benefit some; however, as a standalone exercise may not be practical for everyone. If stretching is not a form of exercise that works for you, try something different! Yoga, walking, and running are anaerobic exercises that also incorporate stretching.

Reach out to Hudson Guild's clinical team or another mental health provider if you are interested in engaging in psychotherapy services.

NYC Well: 1-888-NYC WELL (692-9355) or text WELL to 65173

Hudson Guild Mental Health Counseling Services: (212)-760-9822

