


Module 3: Mental Training

Topic 4 Content: Stress-Reducing Exercises Notes

Introduction

Stress-Reducing Exercises



All of the sports and exercises that you perform in gym class, or participate in, provide an excellent outlet for stress reduction. In this interactivity, click **NEXT** to explore other sports and exercises that can help you to reduce stress while helping you reach your fitness goals.


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Yoga

Stress-Reducing Exercises



Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation. While relaxing during yoga, you can reduce stress, lower your blood pressure, and lower your heart rate.


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Golf

Stress-Reducing Exercises



Do you like fresh air and being outside? Golf can reduce stress and anxiety as well as boost your happiness levels.


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Boxing

Stress-Reducing Exercises



Boxing is one of the best sports for relieving stress. Boxing helps you to reduce anger and prevent anxiety while getting an intense full-body workout.


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Tai Chi

Stress-Reducing Exercises



Tai Chi is a noncompetitive, self-paced system of gentle exercise and stretching. As your mind focuses on each Tai Chi pose, you will forget about your worries and reduce your stress and anxiety. Tai Chi will help you reach your flexibility goals.


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Martial Arts

Stress-Reducing Exercises

A group of people in white martial arts uniforms are practicing in a dojo. They are in various stances, some with their hands on their hips, others in a ready stance. The floor is dark, and there are blue and yellow lines on the wall in the background.

There are many forms of martial arts and all have been proven to reduce stress and anxiety. Different martial arts include: Aikido, Judo, Karate, Jujitsu, Kung Fu, and Taekwondo.


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Walk/Run/Jog

Stress-Reducing Exercises

A pair of white and blue running shoes is shown on a paved surface. One shoe is upright, and the other is lying on its side, showing the orange and black sole. The shoes are positioned on a dark asphalt surface with white crosswalk stripes in the background.

As you walk, run, or jog, your body releases endorphins that reduce stress and make you feel happier. You are also becoming healthier as you burn calories during these types of exercises.


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Tennis

Stress-Reducing Exercises



Whether you are practicing solo drills, or playing against an opponent, tennis is a stress relieving exercise. Tennis provides a great aerobic exercise. It reduces your level of stress hormones while boosting your endorphins.


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Aerobics

Stress-Reducing Exercises



Aerobics works the muscles in a rhythmic and repetitive fashion. This reduces levels of stress hormones and boosts your endorphins.


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Dance

Stress-Reducing Exercises



Dance is an outlet for emotional expression, stress reduction, and creativity that will help you channel your energy in a positive fashion. Dance can be performed alone, or in a group setting.


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Bowling

Stress-Reducing Exercises



By engaging in a physical activity like bowling, you can relieve daily stress. Bowling is a sport that encourages socialization during the game. This socialization can also provide an outlet for stress relief.


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Archery

Stress-Reducing Exercises

A close-up photograph of a person's hands and arms as they aim a bow. The person is wearing a green shirt and a black wrist guard. The bow is held in the right hand, and the arrow is nocked and pointed forward. The background is a blurred outdoor setting with green grass and trees.

Archery involves focus, coordination, and strength. As you become more proficient at hitting the target, you will gain confidence. Archery will help you forget about your worries while providing you with a good deal of upper-body exercise.

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