

# Employee Assistance Program *Tip Sheet*

## Body to Brain: Harmony in Motion

Did you know that moving your body can calm your mind? Physical activity is more than just a way to stay in shape—it's a powerful tool for maintaining mental health. Regular movement helps reduce stress, improve mood, boost energy, and enhance focus. The connection between body and brain is undeniable, and integrating movement into your daily routine can bring a sense of balance and harmony.



Here are some strategies to make physical activity a natural part of your day:

1. **Start Small:** Commit to just 10 minutes of movement. A brisk walk, light stretching, or a quick dance session can make a difference. Gradually increase the time as it becomes a habit.
2. **Incorporate Movement into Routine:** Park further from the entrance, take the stairs, or do a few stretches during TV commercials. Small changes add up!
3. **Try Mindful Movement:** Activities like yoga, tai chi, or Pilates combine physical exercise with mental focus, helping you feel grounded and centered.
4. **Socialize While Exercising:** Walk with a friend, join a sports league, or participate in a fitness class. Building connections while being active strengthens both body and mind.
5. **Make It Fun:** Choose activities you enjoy—dancing, cycling, swimming, or hiking. When you love what you're doing, it won't feel like a chore.

If you need support in creating a balanced lifestyle, reach out to your EAP for resources, guidance, and additional tools to help you thrive



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.800.833.3031

**WEBSITE:**  
EAPHelplink.com  
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