

# Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is an oval with a dark blue background. Inside the oval, the word "Apollo" is written in a white, cursive script. Below "Apollo", the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

**Apollo**

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Home Healthy - Home Safe

Date: July 2023

### Exercise for Stress Release: A Natural Remedy

Stress is a common experience for everyone, and it can have a significant impact on our physical and mental health. According to the American Institute of Stress, 77% of people in the United States experience physical symptoms caused by stress, while 73% experience psychological symptoms. While there are many ways to manage stress, exercise is one of the most effective and natural remedies.

#### The Science Behind Exercise and Stress Relief

Exercise releases endorphins, which are natural chemicals in the body that act as painkillers and mood enhancers. They interact with the receptors in the brain to reduce the perception of pain and trigger positive feelings. Additionally, exercise can reduce the levels of stress hormones, such as cortisol and adrenaline, in the body. It also increases the production of neurotransmitters like serotonin and norepinephrine, which regulate mood and reduce anxiety.

#### Types of Exercise for Stress Relief

Any form of physical activity can help reduce stress levels, but some types of exercise are more effective than others. Aerobic exercise, such as running, cycling, and swimming, are particularly useful for stress relief. They increase heart rate and oxygen flow to the brain, which can improve mood and cognitive function. Yoga, tai chi, and other mind-body exercises can also be effective for reducing stress levels.

#### Diverse Perspectives on Exercise and Stress Relief

While exercise is a great way to manage stress, it's important to recognize that not everyone enjoys or has access to the same types of physical activity. Some people may have physical limitations that prevent them from doing certain exercises, while others may not have the time or resources to commit to a regular exercise routine. It's important to find a form of physical activity that works for you and your lifestyle.

**HEALTHY OR SAFETY REMINDER:** Acclimatization – Process of the body gradually adapting to working in high temperature environments. To acclimatize workers, gradually increase their exposure time in hot environmental conditions over a 7–14-day period. New workers should be no more than 20% exposure on day 1 and an increase of no more than 20% on each additional day.

#### Conclusion

Exercise is a natural and effective way to manage stress and improve overall health and well-being. By releasing endorphins, reducing stress hormones, and increasing neurotransmitters, exercise can help reduce the physical and psychological symptoms of stress. While there are many types of exercise to choose from, it's important to find a form that works for you and your lifestyle.

#### Discussion Points/Quiz Questions:

1. What does exercise release? Endorphins
2. What do they do? Reduce the perception of pain and trigger positive feelings
3. What are some potential exercise activities that would work for your lifestyle?