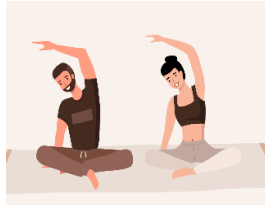


Exercise and Stress



Bodily activity is a great effective tool for releasing tension, improving mood, and reducing daily stress. Performing gentle movements, such as walking or climbing stairs, can have positive effects on your emotional health. In addition to strengthening the body, these activities help to reduce anxiety, increase the feeling of well-being and contribute to improving the quality of sleep.

Mental Health Benefits of Movement

- It releases endorphins, known as the "happy hormones," which help improve mood.
- It reduces cortisol levels, the hormone associated with stress.
- It improves concentration and memory, promoting better mental performance.
- It fosters resilience, helping you to face difficult situations with greater calm and clarity.
- It increases self-esteem and the feeling of control over your life and well-being.

Recommendations for incorporating physical activity

- Spend at least 20–30 minutes a day walking, stretching, or doing some kind of movement.
- Include gentle exercises that you enjoy so you can maintain them consistently.
- Combine movement with deep breathing or light meditation practices to maximize relaxation.
- Listen to your body and adjust the intensity according to your physical condition and energy level.
- Do physical activity in the company of family or friends to increase motivation.
- Integrate "active breaks" during work such as stretching, short walks or climbing stairs.

- Use music as motivation, choosing songs that inspire energy and good cheer.
- Alternate outdoor activities, such as walking in parks or green areas, to reduce stress and improve mood.
- Set small, achievable goals that you can meet progressively.
- Practice relaxation techniques after exercise, such as deep breathing, gentle yoga, among others.

Incorporating movement into your daily routine is a simple and effective way to disconnect and self-care, especially during a busy or stressful routine.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469?>

Prepared by Licensed Health Educators.
Created in February 2026.
©First Medical Health Plan, Inc.