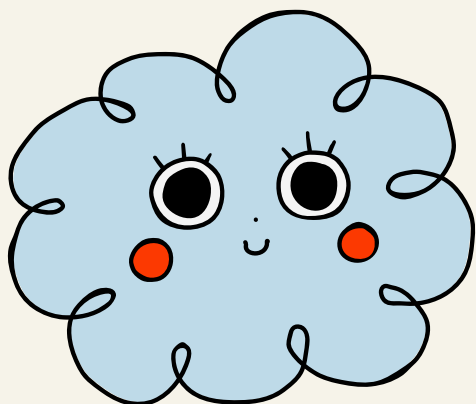
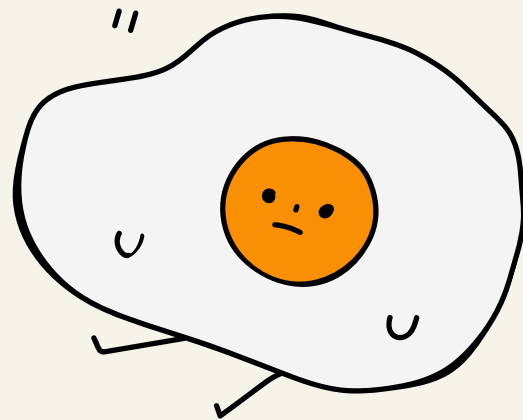




NATIONAL STRESS AWARENESS MONTH

# Move More, Stress Less

DID YOU KNOW EXERCISE IS THE  
BEST NATURAL STRESS RELIEVER



relieve stress, relieve stress

## What are the benefits of exercise on stress and mental well-being?

### 1. Reduces stress and anxiety

- lowers cortisol (stress hormone) levels
- promotes relaxation and emotional stability

### 2. Boosts Mood

- releases endorphins, the body's natural "feel-good" chemicals
- helps combat symptoms of depression and anxiety

### 3. Improves Sleep Quality

- helps regulate sleep patterns
- reduces insomnia and promotes deep sleep

### 4. Enhances Cognitive Function

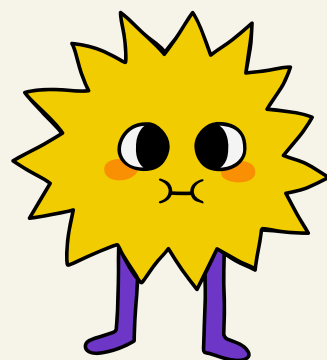
- increases focus, memory, and mental clarity
- reduces brain fog and boosts productivity

### 5. Promotes Emotional Resilience

- builds mental toughness and coping mechanisms
- encourages a sense of accomplishment

### 6. Increases Energy Levels

- enhances overall energy and reduces fatigue
- helps combat feelings of burnout



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