

Mental health exercises

Physical exercise is great for your body. Dancing, swimming, walking, and jogging boost cardio health and strength. They're also great for your mind. Research shows they can help reduce symptoms of depression and anxiety.

However, there are also "exercises" you can do for your brain. These include:

- **Striking a power pose.** People who use "power poses" (aka hands on hips) may see a temporary drop in feelings of social anxiety.
- **Listening to calming music.** A 2013 study of 60 women revealed that people who listen to relaxing music recover faster after stress than people who relax but do not listen to music.
- **Practicing progressive muscle relaxation.** This process involves tightening and then slowly relaxing various muscle groups. It may be combined with other techniques like listening to calming music or breathing exercises.
- **Finding a yoga pose.** One 2017 study showed that just two minutes of performing yoga poses can boost self-esteem and help increase bodily energy.

Mental health in teens

Twenty percent of teenagers between 13 and 18 experience some form of mental health disorder. Half will develop a disorder by the time they're 14 years old.

The signs and symptoms may be brushed aside as the angst of the turbulent teenage years. But, these may be the earliest predictors of mental health disorders or issues that require treatment.

Signs of mental health issues in teenagers include:

- loss of self-esteem
- excessive sleeping
- loss of interest in activities or favorite hobbies
- sudden and unexpected decline in academic performance
- weight loss or changes in appetite
- sudden personality changes, such as anger or aggression

Source of information: <https://www.healthline.com/health/mental-health#teens>

