



Movement therapy

and why it could help you



BENEFITS

✓ It Can Help with Depression

Even gentle movement, like a daily walk, can lift your mood. Research shows that walking just 30 minutes on most days can reduce feelings of sadness and hopelessness.

✓ It Can Help with Anxiety and Tension

Walking helps your body and mind calm down. It lowers stress and can help quiet anxious thoughts, especially if you walk in a park or other natural space.

✓ It Can Boost Your Motivation and Confidence

Moving your body reminds you that you can take care of yourself. Many people feel more capable and proud after a walk, even a short one.

WORKING MECHANISM

• It Releases “Feel-Good” Chemicals

When you move, your brain releases chemicals like serotonin and endorphins that help you feel happier and more balanced, similar to how some medications work.

• It Reduces Stress in the Body

Walking lowers stress hormones like cortisol. This helps your body feel safer and more relaxed.

• It Brings You into the Present Moment

Walking—especially outdoors—can help you focus on your breath, the movement of your body, or what you see and hear around you. That helps with racing thoughts or feeling overwhelmed.

HOW TO



•**Frequency:** Aim for 3–5 sessions per week

•**Duration per session:** Walk for 30–60 minutes. Shorter walks (10–15 min) can still help, especially if done consistently

•**Intensity:** Moderate pace — brisk but comfortable, enough to slightly elevate heart rate and breathing

•**Environment:** Natural settings (parks, forests, green spaces) enhance effects, especially for mood, stress, and rumination. Urban walks still offer benefits if nature access is limited.

•**Consistency matters:** Effects grow over time — commit to a routine for at least 2–4 weeks to notice meaningful change.

•**Alone or with others:** Both individual and group walks are effective. Group walks may add social support and structure.

•**Optional enhancements:** Listen to soothing music, guided mindfulness, or just focus on surroundings. Or practice deep breathing or mindful observation during the walk to enhance the calming effect