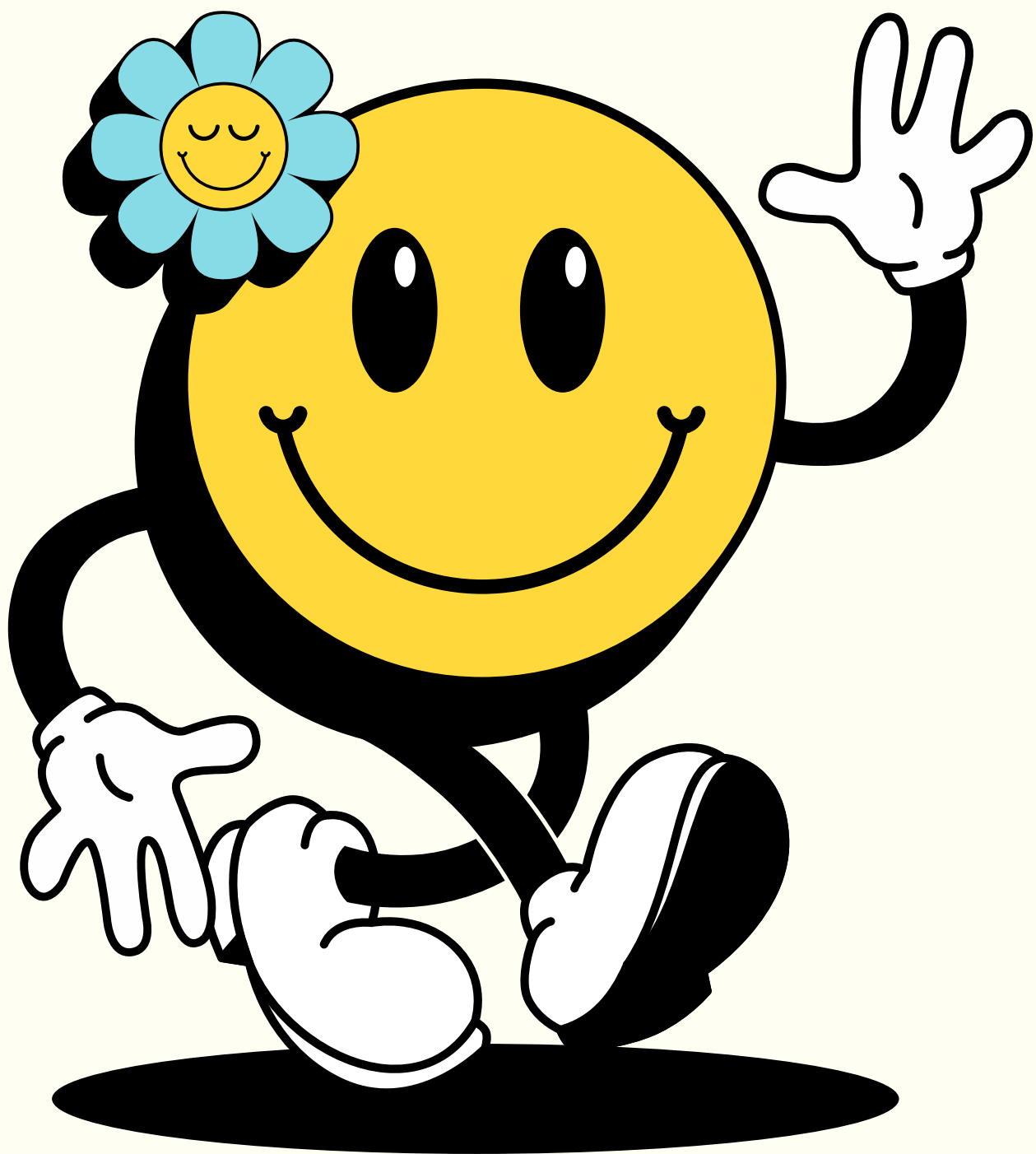


Health&mind

April Newsletter



When we move, even in small ways like walking or stretching, it helps our brain stay active and healthy. It can improve our mood, help us focus, and reduce stress. This idea reminds us that we do not need to do very hard exercise—simple and regular movement is enough. Along with this, the value of vitality teaches us to feel energetic, active, and positive in our daily lives. Together, movement and vitality help us build a healthy, happy mind.

What does “Move for a healthier mind” truly mean?

You might have heard the phrase, “Move for a Healthier Mind”, and wondered what it means. You might ask yourself, what movement of the physical body has to do with the development of the brain? The phrase is used to refer to the idea that physical activity positive impact on our brain health.



Physical Activity and regular movement help the brain biologically by enhancing blood flow to the brain, reducing inflammation, and promoting the release of chemicals that support and stimulate brain function. It improves **memory, mood, and focus** and reduces the risk of cognitive decline, depression, and anxiety. However, it is important to note that, even though physical activity does play a key role in the health of your mind, your mental health and state of mind are also factors that you must take care of to stay healthy.



Which small actions help improve well-being and mental health through movement?

As a student, you might think about how you can improve the health of your own mind through physical activity. The physical activities you can undertake need not be exhaustive or strenuous. **Consistency** is the most important factor, and even doing something simple like cycling or walking once or twice a week can give you a healthy state of mind. These physical activities will not only help your brain biologically, but will help you improve your mental health, manage stress effectively, and enforce discipline. Never forget that a healthy mind is a healthier and happier you.

Walking side by side, holding hands, or calling someone while you walk are all small, intentional movements that can help your mental health. Harvard Health Publishing says that **even light exercise can help release endorphins, lower cortisol levels, and make you feel better overall.**

Sharing movement adds an emotional connection, which makes people feel less alone and more like they belong. Simple things you do every day, like walking with a friend, can help you relax by getting your mind and body to work together. These small things can help people become more resilient, more open, and better able to handle stress over time. This shows how small movements and human connection affect mental health



Breaking common myths between Exercise and mental health



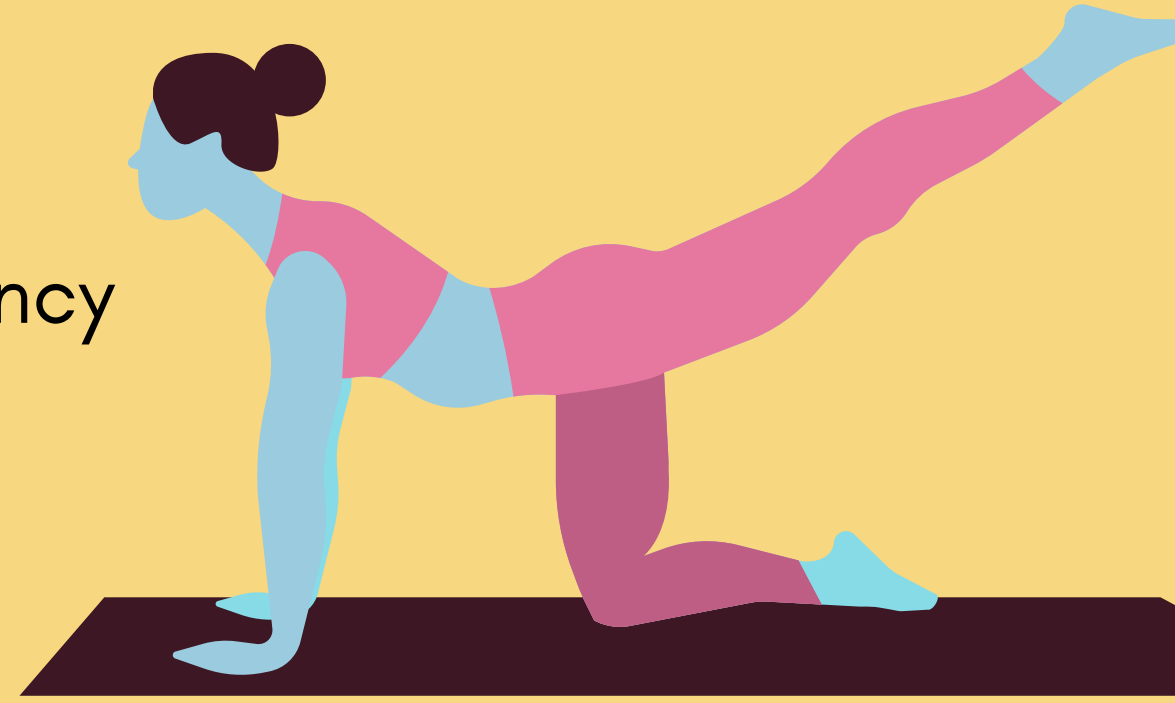
The Myth of Exercise as a “Cure-All”

Exercise is often prescribed as a “natural remedy” for mental health struggles.

Therapists mention it, doctors recommend it, and social media glorifies it as a cure-all. Exercise is surrounded by myths, rigid, unrealistic ideas that feel intimidating rather than supportive. These myths can actually push people away from exercise, especially those already dealing with anxiety, depression, trauma, or burnout.

Motivation vs. Consistency

Those big MOTIVATION banners you see at the gym, the "least" your energy ones, help. You need motivation before you start exercising, but consistency gradually becomes the motivator, not a red font on the black wall. It's all about mindset after all.



Letting Go of Guilt & Progress Over Perfection

Exercise should always make you feel happy.

"If You Miss Workouts, You've Failed." Now that's not even worth the worry. It's just normal to take a day off, watch your favorite shows with popcorn in hand for a mental reset. This isn't a time-out. More exercise is always better for mental health, and one more we'd burst out. Exercise helps mental health in the long term, yet every small step counts. Yes, long consistency helps, but that one session where you feel YOURSELF is the spark you need.

Value of the month:

What does vitality mean, and how does it coexist with and strengthen a healthy mind?

Vitality means having **energy, liveliness, and a strong sense of being fully alive**, both physically and mentally. It's not just about not being tired, but about feeling active, motivated, and engaged in what you do. Vitality and a healthy mind go hand in hand.

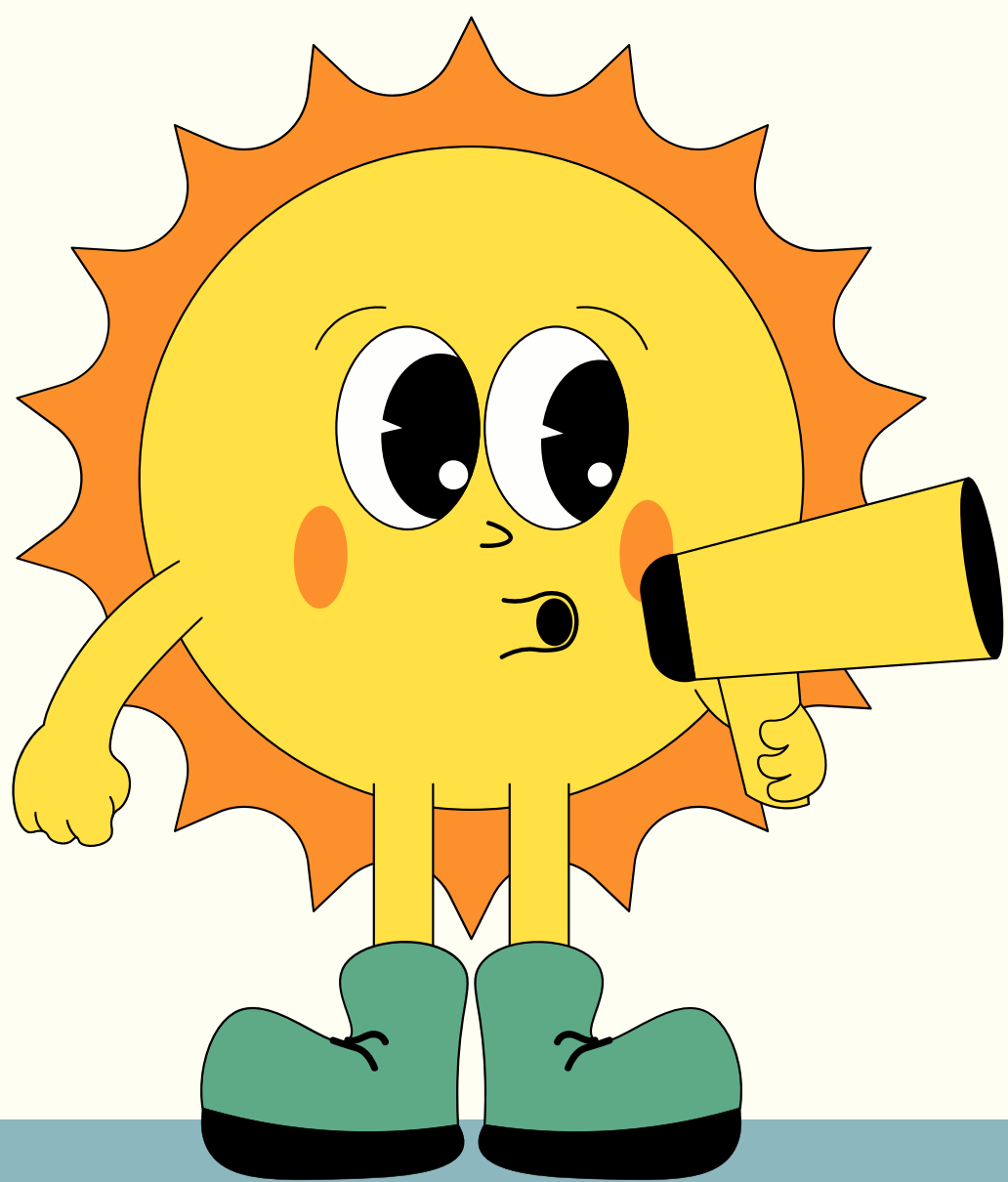
Vitality



When your mind is clear, positive, and well-rested, it naturally boosts your energy levels, helping you stay focused and productive. At the same time, feeling physically energetic through movement, good sleep, and balanced habits supports better mood, reduces stress, and improves mental clarity. Together, they create a cycle where mental well-being fuels energy, and that energy further strengthens **emotional resilience and overall health.**



How does science explain the link between movement and a healthier mind



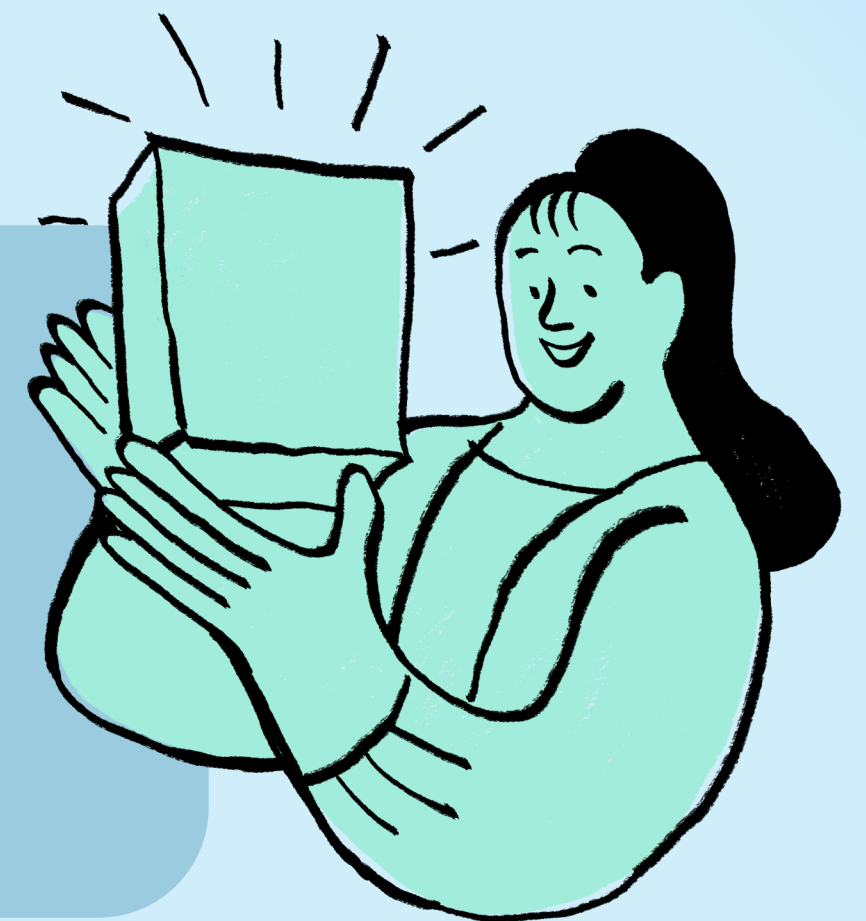
When you move your body, your brain releases chemicals called endorphins, often known as feel-good hormones. These help you **relax, feel happier, and handle stress better.** At the same time, movement increases serotonin and dopamine, which play an important role in helping you stay focused, motivated, and emotionally balanced. But it goes beyond just feeling good at the moment.

Regular movement actually helps your brain work better. It improves **memory, concentration, and learning by increasing blood flow** and supporting the growth of new brain cells. For students, this can make a real difference not only in how you feel but also in how well you study and perform

The best part is that you do not need intense workouts to see these benefits. Small, everyday actions like stretching, walking, playing a sport, or even helping at home can have a positive impact on your mental health.

Research from trusted organizations shows that regular movement can

- * reduce stress and anxiety
- * improve sleep
- * build confidence
- * help you manage emotions more easily



<https://www.health.harvard.edu/mind-and-mood/more-evidence-that-exercise-can-boost-mood>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11298280/>



Words for spotlight:

Energy- the ability to complete a task

Movement- an act towards change

Balance- a state of maintaining composure and stability



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