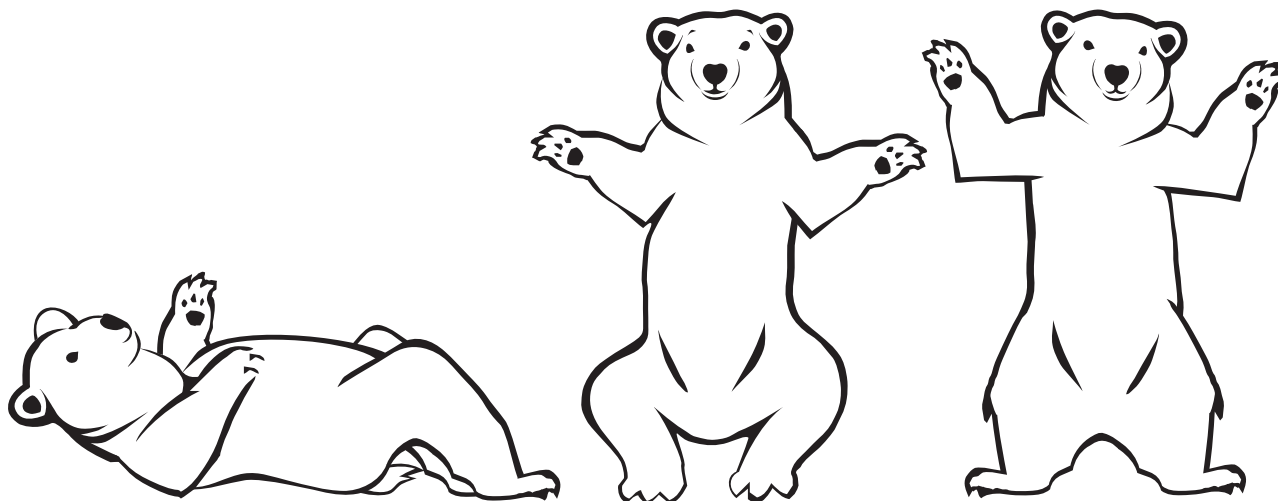




Distraction: Physical Movement 20/20/20



Your body and brain are in constant communication and oftentimes distress becomes a downward spiral. Rather than engage in numbing activities like substance use, one way to interrupt that spiral is through physical movement. Research has shown that running for 15 minutes a day can reduce depression and that any movement helps. If you need a quick pick me up, maybe you are feeling anxious and need to expel energy OR if you need an energy pick-me-up because you are getting drowsy when you need to be awake try 20/20/20*:

20 CRUNCHES: inhaling as you lean back and exhaling as you go forward

20 SQUATS: slow and notice the muscles working

20 JUMPING JACKS: get your heart rate up a bit

**If these movements are not physically possible, substitute with other repetitive, brief and intense movements that you can do.*



For more information visit:
<http://bit.ly/BowdoinMHMoments>