Purposeful Movement: Finding Your “Want To”

We won’t call it winter yet, but we can all recognize the seasonal signs that it’s inevitably coming: our days are getting darker and colder, and we may be spending more time inside. As winter looms, it can be easy to lose grasp of our healthy habits and active routines. We also know what a big difference a little bit of activity can make for our mental and physical health. As little as 10 minutes a day can boost your mood, cognitive clarity, and help you sleep better – but how can you break down the real barrier to incorporating this into your regular life? The solution may lie in one tiny but powerful change: reframe your purpose and call it movement. Removing the words “should” and “exercise” may help release any guilt around those words and allow us to find what our bodies really want to do. Let’s take a look:

- Start small with some great news: you can meet the recommended movement guidelines without adding anything extra to your daily schedule. Check out our tips on weaving movement into what you already do each day.
- Filling your own cup: read our new guide on creating a mini-wellness plan that contains only things you want to do (not feel you should).
- Are you a manager or wellness leader at work? Check out our page on Creating a Culture of Movement at Work.
- Have you heard about our monthly, virtual movement workshop series? Our movement workshops are completely free and are a nice communal way to start the day: just click here to sign up for our next workshop.
- While movement and physical activity reduce the risk of depression and anxiety, sometimes we need something more. Take one of our confidential depression and anxiety self-assessments if you’re feeling curious about your mental health and want suggestions on what to do next.
- When we need something more, EAP is here; our clinicians want to hear from you. Call us 24/7/265 at 866-660-9533 or request an appointment online to talk with a professional licensed clinician.

Keep moving and keep us in mind.

Sincerely,

The team at Invest EAP/Centers for Wellbeing

Shared by UVM Employee Wellness