

EXERCISE AND MENTAL HEALTH

Cone Health is right there w/you by offering opportunities and resources to support employees' mental health by living life with energy and purpose.

**LiveLife w/
energy**



**LiveLife w/
purpose**



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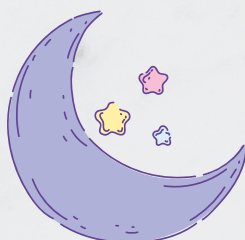
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HOW EXERCISE IMPROVES MENTAL HEALTH



REDUCES
STRESS



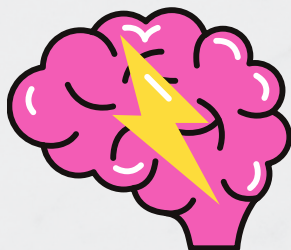
IMPROVES
SLEEP



INCREASES
ENERGY



IMPROVES
SELF
ESTEEM



INCREASES
COGNITION



DECREASES
ANXIETY

And many more!

Stress Relief

FORMS OF EXERCISE THAT CAN LOWER STRESS AND IMPROVE ASPECTS OF MENTAL HEALTH

YOGA

Yoga is a form of exercise that consists of series of postures (called poses), deep breathing, and meditation techniques.

- Improves strength, balance, and flexibility
- Promotes mindfulness
- In a group setting, can foster a sense of belonging and community

Reference: [John Hopkins Medicine](#)



STRENGTH TRAINING

Resistance training consists of repeated muscle action working against a load not found in activities of daily living.

- Increases cognition and self-esteem
- Decreases depression and anxiety symptoms
- Improves strength and can promote fat loss

Reference: [The anxiolytic effects of resistance exercise](#)

CARDIOVASCULAR

Cardiovascular training is continuous exercise that increases the body's heart rate. This includes activities such as walking, running, cycling, and swimming.

- Boost endorphin levels
- Decrease anxiety and depression symptoms
- Improves quality of life
- Can help with symptoms of post traumatic stress disorder (PTSD)

Reference: [Exercise and mental health](#)



LiveLifeWell

Employee Well-being

LiveLife w/
purpose

CONE HEALTH

LiveLife w/
energy



How does Cone Health support your mental and physical well-being?



- Talkspace
- EACP
- Individual/Group Personal Training
- Employees have access to 8+ fitness centers around the Cone Health locations:
- Group Exercise classes
- Tobacco Cessation
- Department Requested Movement Breaks
- Massage therapy.

- ALAMANCE REGIONAL MEDICAL CENTER
- ANNIE PENN HOSPITAL
- ITS BUILDING
- MEDCENTER HIGH POINT
- MED CENTER KERNERSVILLE
- MED CENTER MEBANE
- MOSES CONE HOSPITAL
- WESLEY LONG HOSPITAL



QUESTIONS?

NEED ADDITIONAL INFORMATION?



Contact us: livelifewell@conehealth.com

ADDITIONAL RESOURCES:

[Employee Mental-Well Being](#)

[Cone Health Employee Wellness](#)

[Employee Assistance Counseling Program](#)