



Benefits of Exercise in Fighting Depression

Exercise doesn't just strengthen the body — it helps stabilize mood, improve focus, and fight depression.

Use this page to reflect on your current habits and how physical activity could support your emotional wellbeing.

How do you feel after exercise?

What's one form of movement you enjoy or could try again?

What might prevent you from doing it consistently?

How can you overcome that barrier?

When will you exercise next?

Date/Time: _____