

## Staying Active to Fight Your Depression

Doctors recommend exercise and physical activity to help relieve the stress, reenergize the nervous system, and release endorphins that help improve mood. You can start with simple activities like walking or jogging to get the benefits and benefits.

### Benefits

Exercise can help you feel better, improve your mood, and help you feel more energized. It can also help you feel more confident and more in control of your life.

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### Additional Resources