



FACTS ABOUT STRESS & ANXIETY

Most people experience stress and anxiety from time to time. Stress is any demand placed on your brain or physical body. People can report feeling stressed when multiple competing demands are placed on them. The feeling of being stressed can be triggered by an event that makes you feel frustrated or nervous. Anxiety is a feeling of fear, worry, or unease. It can be a reaction to stress, or it can occur in people who are unable to identify significant stressors in their life.

People who have stress and anxiety over long periods of time may experience negative related health outcomes. They are more likely to develop heart disease, high blood pressure, diabetes, and may even develop depression and panic disorder.

- Nearly 40 million people in the United States experience an anxiety disorder in any given year.
- Anxiety disorders are the most common of mental disorders and will affect nearly 30% of adults at some point in their lives.
- Approximately 8% of children and teens experience an anxiety disorder.
- The World Health Organization (WHO) states that globally, 1 in 13 individuals suffers from anxiety.

Sources:

Do Something! • www.dosomething.org
Anxiety & Depression Association of America • <https://adaa.org>
www.healthline.org

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ONLINE RESOURCES

Want to learn more about mind-body balance? Check out these websites:

BOOSTING MENTAL HEALTH AND POSITIVITY WITH EXERCISE

<https://www.liveyourtruestory.com/boosting-mental-health-and-positivity-with-exercise-confidence/>

EXERCISE EASES SYMPTOMS

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

THE IMPACT OF EXERCISE ON MENTAL HEALTH

<https://www.mentalhelp.net/blogs/the-impact-of-exercise-on-your-mental-health/>



NEED TO BURN OFF STRESS OR ANXIETY?

M.E.N. CAN HELP!

MUSCULAR EMPOWERMENT NATURALLY



A PROGRAM FOR MEN BY:



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509 W. Washington Street
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STRESS & ANXIETY ARE REAL

Did you know that stress and anxiety affect 40 million adults? If you often feel unsettled or even depressed, it's helpful to know you're not alone.

There are different ways to combat these feelings, and your doctor is always the best person to turn to with questions and concerns. However, one thing you can do on your own is incorporate exercise into your lifestyle. Regular movement doesn't just improve physical health—it also provides mental benefits.*

MEN ARE EXTREMELY IMPORTANT!

FCRC believes men play a key role in society as spouses, fathers, friends, students, employees, and community leaders. Every man has the potential to be successful, and an important part of this achievement includes having a positive self-image.

We want to help YOU be successful!

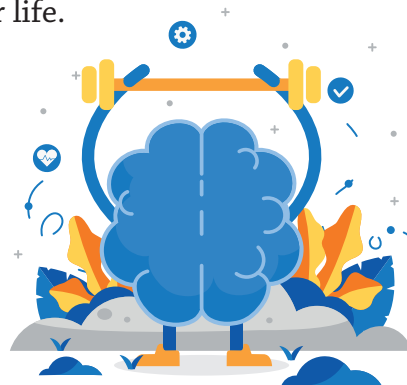
We have created an awareness program called M.E.N. (Muscular - Empowerment - Naturally). This is especially for you, guys! We encourage you to focus on regular, physical movement and notice how it affects your mood as well as your muscles.

MIND/BODY WELLNESS

Exercise has many perks. It is not just bodybuilders or fitness enthusiasts who benefit; for even the most ordinary person, moderate movements release endorphins, which are feel good chemicals in the brain that create positive reactions in the body, including:

- Stress reduction and mood boost
- A calm state of mind
- Better self-regulated actions

These physical and mental improvements can help you gain a more positive outlook on your life.



**Always check with your doctor before beginning a new exercise program. This content/program is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.*

HOW CAN M.E.N. HELP ME?

The M.E.N. program is great for males of all ages. Get started on your own right now by adopting a healthy lifestyle:

1. Exercise—walk, run, bike!
2. Follow a nutritious, balanced diet.
3. Keep caffeine and alcohol consumption in check. *(And it goes without saying, avoid all recreational drugs.)*



If you decide you would like to take things to the next level, give us a call!

We will pair you up with a Certified Fitness Instructor for 8 free, virtual sessions. If you choose to continue M.E.N. on your own, we will provide a referral to a local gym.

If you are ready to get started or if you have questions, call us at 309.821.1616 today!