

# NEDA WEEK

## Resources

### *Over Exercising & Finding Balance*



#### **Signs and symptoms of overexercising:**

- Maintains excessive, rigid exercise regimen - despite weather, fatigue, illness, or injury
- Intense anxiety, depression, irritability, feelings of guilt, and/or distress if unable to exercise as planned
- Highly uncomfortable with rest or inactivity
- Exercise as a means of purging (needing to "get rid of" or burn off" calories consumed)
- Exercise as a permission to eat
- Feeling as though you are not good enough, fast enough, or not pushing hard enough during a period of exercise
- Exercising despite injury or recommendations otherwise



#### **How to find the balance:**

- Get support. You can find support in many different facets. Finding someone to talk through your emotions with is great place to start. Therapy, mental health coach, health coach, trainer - are great places to start if you are looking for fitness/mental advice. If talking to a stranger is uncomfortable for you, find support in a friend or family member who will hold you accountable for keeping the balance in your life.
- Schedule your workouts. Scheduling a dedicated time to your physical activity will assist you in keeping your gym time within a healthy range.
- Schedule your rest. If resting is uncomfortable for you, schedule "active rest" that will allow your body to heal and keep your mind at ease. This can include meditation, massage, spa time, stretching breaks, etc.

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### Find your peace at the gym:

*Feeling over critical and need a mental reset at the gym? Try out these tips and tricks below:*

- Avoid the mirrors. I know we have so many mirrors in the gym, and having to look at your self makes it a little too easy for your brain to over analyze everything about how you look. To combat this, try turning around. There is usually one wall of mirrors in a studio or gym space. So simply turn around to complete your sets.
- Be intentional about your playlist. Add songs, podcasts, any media that makes you feel good. What we listen to sets the tone for our workout and what we want out of it. If you're going into it anxious and want to leave feeling a little more relaxed, turn on your favorite soothing playlist and move.
- Do what you love. I know we love a plan and some workouts are not our favorite - if you're already feeling anxious, take a break from the plan and just do what your body loves to do. Doing something that you love, will increase your confidence and happiness and will translate to how you feel outside of the gym.
- Take a class - especially one that is set in lower lights. Typically cycle classes and yoga classes will hold classes in dim lit studios. Taking the responsibility out of planning a workout, finding movement outside of your normal pattern, and being able to do so in a space that feels less intense.
- Find your mantra. Words create worlds, as the saying goes. Finding a calming mantra or affirmation to carry you through your workout will help you to calm your nerves and give you the strength to power through whatever mental barriers you are fighting. Some of my favorites, that I will let you borrow are: "You are allowed to take up space", "I belong where I am", "my feelings are valid, but they are just feelings. And I am stronger than the lies I tell myself", "I am beautiful, but beauty is not required to be loved and accepted".