



THE Y AXIS



Tune Into This

Attention all reality-TV baking junkies, streaming-service binge-watchers, and sit-in-front-of-a-screen-after-work people...



Too much screen time can tip the scale in the wrong direction.

Your choice of snacks and drinks are only part of the problem when you're in couch-potato mode.

Grab the remote and tune in to this.

You burn more calories standing or even reading and sitting in a chair than you do in front of a screen, according to a recent study.⁴

Do yourself a favor. Stand up more. Read a book. Or turn off the screen and go for a walk.

COMMENTS?

Send comments to the editor:

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Bottom's Up: Do THIS to Beat the COVID Blues

Physical activity dropped by 32 percent during pandemic

You've had a long day. You're tired. And it seems like no matter what you do, you're in a perpetual state of unhappiness.

That ever happen? Mild depression can show up in many different ways, including:

- Feelings of sadness
- Changes in appetite (eating too much or not enough)
- Trouble sleeping
- Fatigue
- Irritability
- Difficulty concentrating, and more.

Here's a quick fix to improve your mood: Bottom's up.

No. It's not what you think. You don't need to head to the bar or pour yourself a drink.

If you've been feeling depressed during the global pandemic, your bottom may have a lot to do with it, according to a recent study.¹

Researchers found that since the start of the pandemic, sedentary behaviors have increased with:

- Work-from-home arrangements
- Less commute time
- Virtual meetings
- Less physical activity
- More screen time

They found that during the peak of the pandemic, physical activity dropped by 32 percent for many adults.

Lack of exercise took a toll on mental health and happiness, leading to an increase in depression, anxiety, and loneliness.

Bottom's up to improve your mood

In the study, participants who reported feeling depressed were invited to participate in an 8-week challenge to be more active. And something interesting happened...

"We found that, on average, people saw their mental health improve over the eight-week period," says lead researcher Dr. Jacob Meyer, a kinesiology professor at Iowa State University. "...But for people whose sitting times stayed high, their depressive symptoms, on average, didn't recover in the same way as everyone else's."

Here's the quick fix to improve your mood:

- Get up and go for a walk. Do something active. And make physical activity a regular part of your day.

Want to improve your mood? Bottom's up.

MORE

30 ways to be more active
<https://tinyurl.com/brm4fsyy>

This is Your Brain on Stress...Any Questions?

Chronic stress impairs memory and brain function

Remember the anti-drug commercial from the 80s? It could have been about stress.

Actor John Roselius holds up an uncooked egg in an empty-looking kitchen. "This is your brain." Then he points to a sizzling pat of butter in a hot frying pan.

"This is drugs." He cracks the egg and drops it into the frying pan.

It sizzles and pops, and then Roselius delivers the message in dramatic fashion.

"This is your brain on drugs. Any questions?" (Watch the video: <https://tinyurl.com/2p8a5ndx>)

It's no secret illegal drugs are bad for your brain.



But if you let chronic stress simmer on the back burner for weeks, months, or years, it can be just as bad.

Too much stress is a brain drain

New research suggests that chronic stress can impair memory, reduce brain function, and lead to cognitive decline over time.³

Researchers found that people living with chronic stress tend to have higher levels of the stress hormone cortisol.