



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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STRESS REDUCTION -MRS. VICTORIA DE-GRAFT ADJEI HEAD, KNUST COUNSELING CENTRE

Discussion on how regular exercise helps in lowering stress hormones, such as cortisol
Illustration of the stress-reducing impact of physical activity.

The WHO defines stress as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. According to the WHO (2021), stressful situations can also cause or exacerbate mental health conditions, most commonly anxiety and depression, which require access to health care. When we suffer from a mental health condition, it may be because our symptoms of stress have become persistent and have started affecting our daily functioning.

According to the Harvard Health Publishing (2020), exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol.

Cortisol is a steroid hormone produced by the adrenal glands and plays a central role in the body's stress response. Cortisol increases blood sugar levels, providing readily available energy for your body to respond to the stressor.

Aside the main function of endorphins, it has a stress-reducing effects also. In this case, when one exercises, endorphins are released and which are able to over shadow the cortisol. Hence, instilling in the person a feeling of euphoria, reduced stress, and improved mood.

To be continued...

THE KNUST WELLNESS THEME OF THE YEAR



"Your Wellbeing, Our Priority"

Knustwellnesscentre




THE NUTRITION CORNER

IMPORTANCE OF BREAKFAST

-UNIVERSITY HOSPITAL
(DIET THERAPY UNIT)

In this month's newsletter let us unravel the importance of breakfast and its health benefit. As your nutrition expert and dietitian, I want to emphasize just how important it is to start your day off right with a healthy balanced breakfast. Eating breakfast regularly provides tremendous health benefits that can truly set you up for success all day long.

Studies consistently demonstrate that people who take time for breakfast tend to consume fewer calories overall, maintain healthier body weights, concentrate better, have improved memory and moods, and make healthier food choices during the day. Breakfast helps stabilize blood sugar levels and boost brain function and energy. A balanced breakfast includes fiber, fruit, protein and healthy fats. Examples are oatmeal, yogurt with fruit, eggs on whole grain toast or a vegetable omelet.



DID YOU KNOW?

Stress can make your digestive system go haywire, causing diarrhea, stomach upset, and excessive urination?

DEE'S CORNER

-MR. DOMINIC OFORI
(FITNESS COACH, KNUST WELLNESS CENTRE)

In a world of deadlines, responsibilities, and constant demands, stress can easily take its toll on our bodies and minds. In addition to relaxing our bodies, exercise is an effective way to relieve stress, heal the mind, and restore balance in life. When stress sets in, our bodies produce stress hormones, which trigger the fight-or-flight response. Regular exercise releases this pent-up energy and allows us to transform stress into a positive movement. The benefits of exercise go beyond physical health. When we lace up our sneakers and start a brisk walk, jog, or hit the gym, our attention shifts from the weight of our thoughts to the rhythm of our movements. Endorphins flood our system, washing our minds with a wave of euphoria, while cortisol levels (the main stress hormone) drop. When we overcome physical challenges, we develop a mind ready to overcome life's challenges with love and determination. Every drop of sweat not only relieves physical stress but also relieves mental stress. Most importantly, exercise is more than just a way to get fit; A one-size-fits-all solution to modern-day stress relief. So put on your shoes, get out there, and embark on a journey of self-discovery and renewal.



HEALTH WALK SECTION

FAQs: Clearing Up Common Concerns.

1. Is the Saturday Health walk and Aerobics free?

Yes, the Saturday Health walk and Aerobics is free.

2. Is the Health walk and Aerobics open to everyone?

Yes, the Saturday Health Walk and Aerobics is open to both students and staff as well as non-staff(public)