



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services

Get the SCOOP! on Physical Activity to Improve Your Mood

Exercise boosts mood and lowers anxiety.

Monday, November 2, 2020 | 11:30 am to 12:30 pm

Physical activity is a key component of stress management because of the impact it has on the brain for people of all ages, but it can feel stressful to get started. This virtual training will review the importance of physical activity as part of the #SCOOP4Stress campaign to help build skills for better stress management, provide tools to get you started on your physical activity journey, and provide an overview of the impact that physical activity has on overall wellness. Participants will receive valuable information on how to incorporate physical activity into their daily routines, low-to-no tech ways to track physical activity, and motivation to set physical activity goals as part of an overall wellness and self-care plan.

Panelists include Deputy Director and COO of the Division of Mental Health, Developmental Disabilities and Substance Abuse Services, **Karen Burkes**, who is also a yoga and meditation instructor with 10 years of experience; **Michael D'Amore**, AAA/ISMA, Personal Trainer/Stretch Therapist specializing in weight loss and core strength, weight training, and flexibility with 20 years' experience; **Ellen Fahey**, MS Special Olympics N.C. Health Director with 10 years of experience working in community health and health policy.

For this session, participants are invited to do some journaling and self-reflection prior to this event.

- What is one area of physical activity you would like to start working on ?
- Reflect on one thing you appreciate about your strong body.
- How are you nourishing your body, mind and spirit?

Register to join: <https://tinyurl.com/SCOOP-PhysicalActivity>

Get the #SCOOP4Stress with the NC DHHS DMHDDSAS Stress Management Series

Contact the Community Engagement & Empowerment Team at CEandE.Staff@dhhs.nc.gov for more information.



**Karen
Burkes**



**Michael
D'Amore**



**Ellen
Fahey**



Recorded with ASL & Closed Captioning