

Endorphins – A Natural Remedy

Tyese Dowe

BEFORE YOU READ: Read about endorphins in the box below. Have you ever experienced a “high” from endorphins?

When it comes to mental health, going to the gym is my heaven. When the pandemic hit, I couldn't go to the gym anymore, so I started going for walks. I walked fast to get my heart pumping and my body sweating. I also played sports with my son in the park, which made my heart smile.

When you exercise, your body releases a chemical called endorphins. Endorphins send a message through your nervous system that results in a great mood. They make you feel like you're a kid again. They make you feel energized. When I exercise and I'm listening to Jennifer Lopez or Beyonce, I start my personal party. After I work out, my heart and mind feel much lighter—which is so helpful during this difficult time. Endorphins can also help relieve pain and stress.

I encourage everyone to start walking. Just start with a block or two and take it from there. If you do a little bit at a time, you will see progress,

and you can enjoy this awesome feeling of relaxation.

My love of exercising came from being a dancer in my younger years. Dance class gave me a hard workout and this is how I experienced heaven. I noticed that afterwards, I had more energy, not less! I have used this energy to explore my creative side. I've painted and drawn a lot of masterpieces. I've also become a better and more creative cook.

I'm not too sure if things are ever going back to normal. Even if the gyms are open, safety comes first. I'm really starting to love my outdoor gym (public parks). I do miss my Zumba classes, so I run up and down stairs to get my blood flowing. I'm really excited that I found Covid-safe ways to give myself a dose of endorphins.



Endorphins = Remedy?

Yes! Endorphins are a natural chemical that your body creates to block pain and make you feel happy. Laughter and exercise release endorphins. They have a similar effect as opioids. In fact, the word endorphins comes from “endogenous,” which means from the body, and “morphine,” which is an opioid that blocks pain. Opioids can be dangerous and addictive, but endorphins give you a natural high that is just right for your body.

Source: <https://www.medicalnewstoday.com/articles/320839>

AFTER YOU READ: Read the article on p. 47 and visit the sources in the boxes on pp. 46-47. Then do additional research and write your own essay about the benefits of exercise.

Tyese Dowe is a student at Bronx Adult Learning in New York City. She lives in the Bronx with her 14-year-old son and a cat that looks like a lion cub. When she receives her TASC diploma, she will enroll in a CNA program and then work on becoming an LPN and then RN. Math is important for nursing, and Tyese used to hate it. Then, she says, “I began to study and participate in class, and I was able to understand it better. Then I read an article in The Change Agent that explained how understanding math makes you a better problem-solver in life. I really do love math now! Shout out to my teacher since the beginning of my journey, Ms. Harris!”