



The Role of Exercise and Physical Activity in Holistic Psychiatry

As humans, we are constantly striving for better physical and mental health. In recent times, the concept of holistic health has gained a lot of attention, emphasizing the importance of treating the mind, body, and spirit as a whole. This approach believes that all aspects of our being are interconnected and must be addressed in order to achieve overall well-being. In this article, we will explore the role of exercise and physical activity in holistic psychiatry and how it can positively impact our mental health.

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