

“The Well-Known Mental Game of Running”

Mindset

Running is a mental game after a certain point. Some days running may feel impossible or you'll have a hard time getting motivated, but anyone can enjoy running if they have the right mindset.

Benefits

Beyond enjoyment there are benefits to running you relieve stress, you build confidence, and you'll be happier. A study published in [*Medicine and Science in Sports and Exercise*](#) found 30 minutes of exercise could significantly improve the mood of someone suffering from anxiety or depression.

Practice

Running takes practice like anything else you want to be successful at you have to put in the time, energy, and training to feel comfortable with running regularly. To make running a part of your daily routine start with what you think about. The mind is a powerful tool that determines the outcomes of the goals you set and learning to feel comfortable when running is a process.

Baby Steps

You must push yourself, even if you feel resistance from your mind or don't see immediate results after walking, jogging, or running. Running is something you do, but not something you dwell on. Take baby steps to get there, start with walking or a light jog for small periods of time and each time you go out make sure to push yourself a little further.

Friends

Doing this will be a lot easier if you have a running partner or personal trainer there to keep you on track and provide motivation beyond self-motivation. In the beginning it might be painful, but it's worth it.

Overcoming the mental game of running: The benefits are worth it.
<http://www.runnersworld.com/start-running/6-ways-running-improves-your-health/slide/1>