

# Exercise for the happiness of the modern soul

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I just found this interesting article on how important exercise is, and that it is as effective as pharmacological treatments or psychological treatments. And it also helps with neuroplasticity:

## Quote

"We found that exercise was as effective as pharmacological treatments or psychological therapies as well," says [Andrew Clegg](#), a professor at the University of Lancashire in the U.K.

The findings are not a surprise to psychiatrist [Dr. Stephen Mateka](#), medical director of psychiatry at Inspira Health. "This new Cochrane review reinforces the evidence that exercise is one of the most evidence-based tools for improving mood," says Mateka.

He explains how it mirrors some of the effects of medication. "Exercise can help improve neurotransmitter function, like serotonin as well as dopamine and endorphins. So there is certainly overlap between exercise and how antidepressants offer relief," Mateka says.

You can read [the full article here](#).