

ENDURANCE: Finding the Correlation Between Physical and Mental Endurance in the World of Mental Health with Tory Scholz

Episode 02: Show Notes.

As much as we know about the benefits of movement, the conversation around mental health could still include more on the power of physical exertion and endurance. This is the view of our guest, Tory Scholz, who is a mental health advocate, endurance runner, coach, public educator, writer, and counsellor! Tory joins us on the show to talk about her own journey with endurance, her work in mental health and her beliefs about how much power and agency we can find in getting out there and sweating! Tory currently offers programs for individual clients to help them reach athletic goals while addressing any other concerns they may be having. She works with Foundry, aiding people and groups of all ages, and integrating movement practices with evidence-based psychotherapeutic methods. Our guest explains why she sees this 'endurance method' as a powerful way to prevent, manage and treat mental illness, and she breaks down her own process and experiences of this. As an ultra-distance competitor, Tory has competed in international championships, in distances over 100km! This is an amazing conversation about a topic that deserves more airtime, so make sure to tune in to get it all!

Key Points From This Episode:

- How Tory and Britt met and their immediate connection!
- The path to ultra-distance running, and going from zero to hero.
- The simplicity of jogging long distances, and what Tory considers her strengths.
- Why Tory believes that running saved her life!
- Using movement as an approach to improving and dealing with mental health.
- The dangers of an over-reliance on modern conveniences.
- Tory's work at Foundry and her experiences of the younger generation's habits.
- Avoiding the term 'exercise' and the idea of end results because of the connotations.
- The power of the word 'endurance' and its roots.
- Using existent strengths in a person to aid development in other areas.
- The deep love that Tory has for her favourite purple shirt!
- Tory's tips for getting into the world of trail running and exploring the mountains!

Tweetables:

“I am just really fascinated with the connection between moving our bodies, especially in nature, and our mental health.” — Tory Scholz **[0:10:17]**

“The science is there, so how do we make this a mainstream practice?” — Tory Scholz **[0:11:37]**

“As these modern day conveniences have become more accessible in our society, we've seen, as a whole, how our mental health has deteriorated.” — Tory Scholz **[0:14:24]**

Links Mentioned in Today's Episode:

[Britt Anderson](#)

[Britt Anderson on Instagram](#)

[Tory Scholz Email](#)

[Tory Scholz on Instagram](#)

[The Trail Running Women Podcast](#)

[Foundry](#)

[Rachel Hollis](#)

[Guy Faulkner](#)