



MaineHealth Department of Psychiatry Grand Rounds

April 14, 2026

“Physical Activity and the Effects on Mental Health: How Do We Talk About Exercise?”

8:00 am – 9:00 am

IN PERSON, DANA CENTER AUDITORIUM with Virtual Option

Presented by:

Graduating Resident

Tad Olsen, MD

Co-Chief Resident, General Psychiatry
MaineHealth Department of Psychiatry

At the conclusion of this activity, participants will be able to:

- Discuss the current literature on the effects of physical activity on mental health
- Identify psychological and neurobiological physiology associated with these effects
- Discuss motivational interviewing techniques and addressing shame when talking with patients about physical activity



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