

# PHYSICAL ACTIVITY AND MENTAL HEALTH

It is proven by researchers that physical activity improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function

Research has shown that physical activity releases chemicals in your brain that make you feel good - boosting your self-esteem, helping you concentrate as well as sleep, look and feel better.

HOW CAN PHYSICAL ACTIVITY HELP MY MENTAL HEALTH?



#### BETTER SLEEP

By making you feel more tired at the end of the day.



#### **HAPPIER MOODS**

Physical activity releases feel-good hormones that make you feel better in yourself and give you more energy.



# MANAGING STRESS, ANXIETY OR INTRUSIVE AND RACING THOUGHTS Doing something physical releases cortisol which helps us manage stress. Being physically active also gives

he likelihood

your brain something to focus on and can be a positive coping strategy for difficult times.



## BETTER SELF-ESTEEM Being more active can make you feel better about yourself as you improve and

and make new friends.

meet your goals.



### of experiencing a period of depression.

REDUCING THE RISK OF DEPRESSION

Studies have shown that doing regular physical activity can reduce

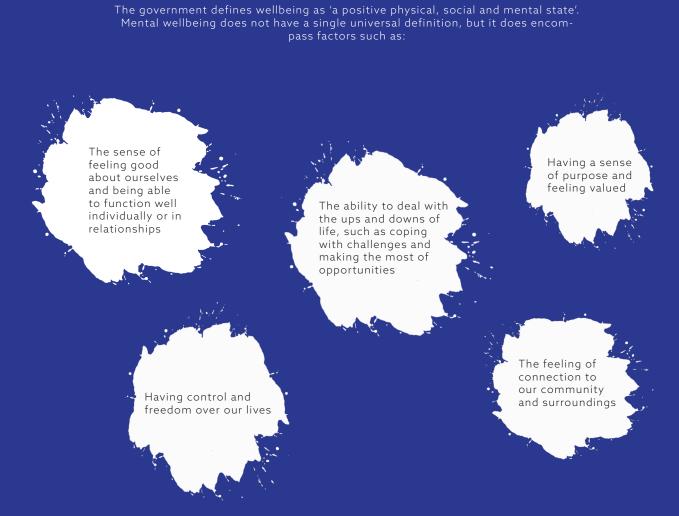
CONNECTING WITH PEOPLE

Doing group or team activities can help you meet new and like-minded people,



WHAT IS WELLBEING?

The government defines wellbeing as 'a positive physical, social and mental state



Of course, mental wellbeing does not mean being happy all the time, and it does not mean that you won't experience negative or painful emotions, such as grief, loss or failure, which are a part of normal life. However, whatever your age, being physically active can help you to lead a mentally healthier life and can improve your wellbeing.



mood.

of 10 minute's brisk walking increases our mental alertness, energy and positive

WELLBEING

HEALTH

**PHYSICAL** 

HEALTH

**MENTAL** 

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

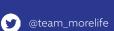
# MORE INFORMATION

HOW MUCH EXERCISE TO DO

https://www.mind.org.uk/information-support/tipsfor-everyday-living/physical-activity-and-your-mental-health/how-much-to-do/#overtraining HOW TO LOOK AFTER YOUR MENTAL HEALTH USING EXERCISE

https://www.mentalhealth.org.uk/publications/ how-to-using-exercise









www.more-life.co.uk