

MENTAL HEALTH AND PHYSICAL ACTIVITY

MOVING MORE FOR YOUR MENTAL HEALTH

Physical activity has a huge potential to enhance our wellbeing. 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.

#LetsGetMovingLLR

#MomentsForMovement

#MentalHealthAwarenessWeek



6 key benefits of moving more



Improves mood and boosts our energy



Helps to reduce tension, anxiety and stress



Reduces loneliness - spending time with family, friends and meeting new people



Helps to calm the mind



Boosts self-esteem and confidence



Increases motivation and confidence

DO WHAT'S RIGHT FOR YOU

3 top tips

1

Bitesize chunks

Try to avoid long periods of inactivity

2

Move more

Remember, every movement matters

3

Do what you enjoy

Find something that makes you happy

