

# MOVE YOUR BODY TO MOVE YOUR MOOD

The link between exercise and mental health



## Exercise releases a range of different hormones

These hormones help to:

- ✓ Lift our mood
- ✓ Decrease our anxiety
- ✓ Build Self-confidence
- ✓ Relieve stress
- ✓ Increase Mental alertness



## Coping with Coronavirus lockdown can make managing our mood tough

Some of the common triggers are:

- ⚡ Uncertainty about the future
- ⚡ Worry about ill health
- ⚡ Unable to be able to do our normal activities
- ⚡ Lack of structure and purpose to our day



BUT GOOD NEWS: EXERCISE CAN HELP!

## Finding new ways to exercise during lockdown

- ✦ Make a dance routine to your favourite song
- ✦ Make a treasure hunt around the house for younger family members
- ✦ Follow a YouTube video
- ✦ Design your own small workout with all your favourite moves

Exercise doesn't need to be typical, it just wants to get you movin'

## Top tips

- 😊 Make it fun!
- 😊 Do something you enjoy
- 😊 Plan a time to do it
- 😊 Facetime or call a friend and do it together
- 😊 Start off slow

Be proud and reward yourself for moving about!

IF YOU NEED TO TALK, WE ARE HERE TO LISTEN AND TO HELP

#someone totalkto

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