

Bag for your Life... #Be OK

How to stay Active!

"Exercise is so important for keeping your mind happy and healthy."

Joe Wicks

Being physically active can help you feel good both on the inside and out. It does this by causing chemical changes in your brain, which can help to positively change your mood and can help with:

- Raising your self-esteem
- Setting goals or challenges and achieving them
- Reducing anxiety and stress

Activity can help you feel more in control which helps when you are worried or stressed. You can also make new friends and have fun when you exercise with other people.

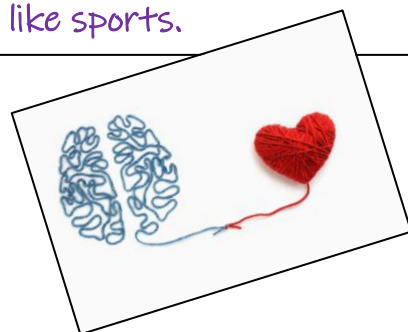
Getting fresh air is really important, staying indoors all the time is not good for your mental health!

- Take a walk alone or with a member of your household to your local shop or around the block, maybe take the dog for a walk (if you have one!)
- Have a plan of what exercise and when you intend to do it – this can become part of your routine, adding structure to your day.
- Some games can be played individually such as, how many hoops can you shoot or goals you can score in a certain amount of time.
- Give it a go... write down a rough plan of the days, time, duration and activity you aim to do over the next week, and try to stick to it.
- Create a playlist of ten tracks that you think will help you with your chosen activity, and next time you are being active, press "play" and see if this helps.
- Play an active computer game – there are a few different gaming consoles you could try which involve actively moving your body while playing computer games.
- Choose an online programme – there are lots of free online exercise regimes designed for you to try at home.
- Using a smart phone or handheld GPS device, navigate to a cache stashed in your area (find them at geocaching.com).
- Skateboarding, scootering or cycling - adding wheels to outdoor activities almost always makes them more appealing.



What kind of exercise can I do?

You choose! Don't worry if you have never done it before or if you don't like sports.



Suggested mindful activity when out walking:

Try to notice what is around you. Count in your head how many:

- moving objects you can see
- sounds or noises you can hear
- things you can smell in the air



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