



Wellbeing Newsletter

'We walk by faith, not by sight.'
2 Corinthians 5:7

Be active for your mental health

One of the best things we can do for our mental health and wellbeing is to be active – it's a natural mood booster.

Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better.

EXERCISE AND MENTAL HEALTH: THE BENEFITS

- Release feel good hormones
- Improve confidence and self-esteem
- Improve sleep
- Better your concentration and focus
- Happier moods
- Reduce stress and anxiety
- Make new friends
- Boost memory and thinking skills

What are the benefits of exercise on physical health?

- Reduced risk cardiovascular disease
- Strengthens bones and muscles
- 50% lower risk of type 2 diabetes
- Helps to control weight
- Improves sleep
- Improves energy levels
- 30% lower risk of dementia
- Prevents cognitive decline

10 WAYS TO KEEP YOUR BRAIN HEALTHY

@BELIEVEPHQ

- MENTAL HEALTH**: Look after your mental health. Spend time each week to practice some self care.
- BREATHE**: Take time to breathe and slow down.
- HABITS**: Maintain healthy habits. Don't smoke or drink excessively.
- CHALLENGE**: Engage in mentally challenging activities.
- DIET**: Eat a well balanced diet and make sure you don't skip meals.
- CONNECT**: Stay socially active. Keep in contact with friends and family.
- EXERCISE**: Engage in regular cardiovascular exercise.
- HYDRATION**: Keep topped up regularly through the day to help your brain and body out.
- SLEEP**: Aim for 7-9 hours of sleep per night.
- LEARNING**: Keep learning and engaging your brain with new and exciting content. Why not join a new class or course?

FITNESS IS MORE THAN A PHYSICAL CHALLENGE IT'S A MENTAL ONE

exercise NOT ONLY CHANGES YOUR BODY. IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD.

A little **PROGRESS** each day adds up to **big results**