

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



What are the benefits of exercise on physical health?



10 WAYS TO KEEP YOUR BRAIN HEALTHY

@BELIEVEPHQ



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**