



Wellbeing Newsletter

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.

'We walk by faith, not by sight.'

2 Corinthians 5:7

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



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**