

## COVID-19 HEALING FACT SHEETS:

# Physical Activity for your Mental Health

Staying active can improve your sleep, give you more energy and help manage stress – all these will help you maintain a good mental health.

Follow these healthy habits to help improve your body and mental health.



### MOVEMENT HELPS YOUR MOOD

#### Every bit of exercise helps.

When you're feeling stressed or low you probably feel more like watching TV than being active. Yet it's often that the moment you need it most is when you least feel like moving your body.

You may know that exercise is good for your physical health, but what you may not know is that it also improves your wellbeing too!

Exercising doesn't have to be running on the treadmill. In fact, anything that gets your body moving and increases your heart

rate. Activities like walking, playing team sports with friends, dancing or swimming will all help you release stress and give you a better chance at improving your mood.

#### There are so many benefits to staying active. It can:

- help you sleep better
- raise your energy levels
- improve your confidence
- boost your mood
- release stress and lower anxiety



### HEALTHY EXERCISE HABITS

When you're feeling low and stressed, it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Staying active is one of these healthy habits, but it's not the only one. Things like sleep, eating well, and spending time with people you love also play an important role in good mental health.

### HOW CAN I GET STARTED?

Here are his quick tips to help you get active.

- Start small. If you start by setting small goals you will be more likely to do them and this will help you feel more motivated.
- Keep track. Monitor your progress and track how you feel after you exercise. This will help you see connections between how moving more helps you feel better.
- Do what you enjoy. Whether you enjoy working hard, for short periods of time, or prefer swimming at the beach, do what feels good. It will be a lot easier to stick to it if you're having fun!
- Make the time. When you're busy and stressed, exercise can be the first thing you stop. Being active during busy times will actually help you through tough periods.
- Set a routine. Plan ahead and make physical activity a part of your routine. Setting an alarm can help you stick to your goals.