



Moving Medicine

# Useful information about Mental health and physical activity



## Remember

Regular physical activity makes you feel better and happier.

## How will it help me?

It will help you become fit

You'll get to spend time with friends

It will make school work easier

It will make you happier

## Don't forget

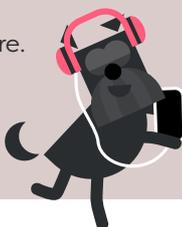
### You can be just as fit as anyone else

Mental illness can impact many people. Celebrities such as Prince Harry, recording artist Lady Gaga and even actor Dwayne "The Rock" Johnson have been open with the difficulties they have had. It's important to remember you are not alone!



### Your head will feel better

Moving around and exercising can make you less anxious and reduce your symptoms now and in the future.



### Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!

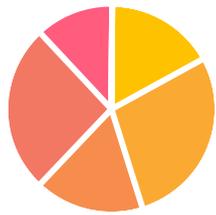


### Build your confidence

Trying something new can be tough, so start with something that you feel comfortable doing, whether it's dancing in your room, playing a sport or just walking a bit more quickly on the way to school.

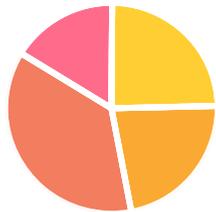


## Starting points



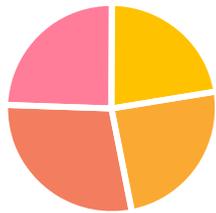
### Walk more, and more quickly

- walk with a dog
- walk to school
- walk with friends
- walk the long way to my next lesson
- go up stairs two at a time



### On your bike

- ride your bike to school
- go for a ride in the countryside
- meet up with friends
- ride to the shops



### Look for opportunities

- join after school activity clubs
- have a kick-about in the park
- standing up when using your phone
- dance with your friends to your favourite songs

## Things that might make it harder

### Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



### Feeling nervous about physical activity

Doing things with people you know e.g. friends and family is a good way to build confidence.



### Doing too much too quickly

So start slowly and build up to more.



## Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Take the long route to somewhere
- Get out of breath at least once
- Sit upstairs on the bus
- Dance to your favourite track



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