

Being active is important when living with **Anxiety**

What good things could being more active do for you?



Improves anxiety symptoms



Improves quality of life



Reduces social anxiety



Reduces anxiety in the elderly



Mindful exercise may reduce anxiety



Exercising in nature can reduce anxiety

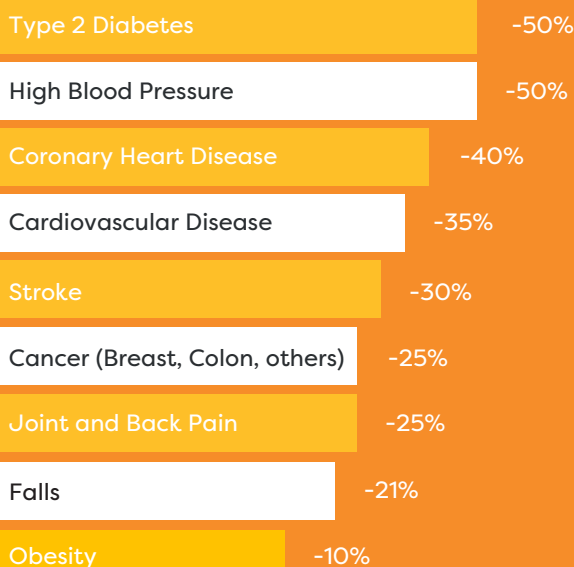


Resistance training can reduce anxiety



Increases energy levels and reduces fatigue

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my general fitness?



Less fatigue



More motivation

Increased physical activity

Stronger muscles

Improves fitness

Follow these Top Tips to keep you active:

- 1 Starting with small steps and build up – goal setting with small achievable tasks can be powerful
- 2 Do physical activity that you enjoy, to suit you and your lifestyle, and fun!
- 3 Going for a walk in the morning can increase your step count and help you to get out in nature which is helpful for anxiety symptoms
- 4 Journaling your experience and keeping a diary can help understanding your symptoms and log your physical activity progress
- 5 There are lots of options to be physically active at home if you prefer – Youtube, workout apps and online resources can help keep you active
- 6 Going out with friends can make physical activity more sociable
- 7 Sports can be fun especially when carried out with friends
- 8 Breathing exercises before and after can help with managing your symptoms
- 9 Making plans with others can help to give accountability – and make physical activity sociable and fun
- 10 Mindful exercises such as yoga, tai chi, pilates and meditation can help improve anxiety symptoms
- 11 The benefits of PA outweigh the risks – and will help to improve your overall health and wellbeing, both mentally and physically

Build activity into everyday life:

