



for Scotland's mental health

GET ACTIVE FOR YOUR MENTAL HEALTH

TOP TEN TIPS



Being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.

Regular exercise doesn't have to be very strenuous or sporty to be effective.



THERE ARE LOTS OF THINGS YOU CAN DO TO GET ACTIVE:

- 1** Go for a short walk at lunchtime.
- 2** Discover a physical activity you enjoy and one that suits you - you're more likely to stick with it!



5 Jumping jacks, squats and lunges can all be done quickly. Moving relaxes the muscles, uses up adrenaline and helps combat depression.



6 Stretch. Stress can make us tense. When we stretch our muscles relax, blood flow increases and endorphins are released.

7 Simple changes like taking the stairs instead of the lift could have a positive impact on your mood.

8 Find an exercise buddy - being active together is much more fun, and encourages you to keep it up!



9 Swap a daily car or bus journey for a walk instead.

10 Set yourself small weekly goals to increase how active you are.



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SAMH is the Scottish Association for Mental Health.

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