



Exercising and Mental Health



Here are some good ideas to help you stay healthy and happy during COVID-19

What is Mental Health?



Mental Health is part of being healthy.

Mental Health is how you feel and think about your life



Sometimes you can feel good. Then you feel happy and relaxed.



When you do not feel good you can feel sad or worried or anxious.



At the moment we need to stay inside. This can make us not feel good.



We are missing some of our friends.
We are missing some of our usual activities.



It is important to look after your Mental Health.

What can we do?



Exercise and healthy eating can help us feel good!



We can find some exercises we like and plan to do them everyday.



We can try new exercise ideas like exercise videos on youtube. These are fun!

What exercise can we do?



Walking



Yoga



Physio



Dancing



Keep fit videos



Chair exercises



Boxing



Bowling



Stairs



Housework

Why exercise is good for you?



Exercise is good for us.
Here are some ways it can help you



- Feel fitter
- Have more energy
- Keep weight down
- Feel stronger
- Sleep better
- Feel more relaxed

What will help?



Make a plan about what exercise you would like to do.



Set goals that you can do.
Don't make it too hard.



It may not work the first time. Don't worry.
Have another go.