

# **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!



3

# Try the NHS's Couch to 5K programme.

4

Check out jogscotland's group finder for your nearest jogging group. 



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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