

ACTIVE MOVEMENT & MENTAL HEALTH/EMOTIONAL WELLBEING

This is a time of mental strain for many, particularly older adults, those who are shielding or those recognised as clinically vulnerable. Especially if alone. Yet we know that a little movement and good food choices can make a huge difference to your social and emotional wellbeing.

For more support, visit www.publichealthslough.co.uk/campaigns/health-at-home



PHYSICAL ACTIVITY & EMOTIONAL WELLBEING

You may think that physical activity is beyond you. You may be unwell or unable to do anything strenuous.

DON'T WORRY. Small, regular activity can have a big effect on our bodies and emotional wellbeing.

Sit less, stand often, move more. Even regular standing helps heart, muscles, bone strength, blood flow, mental abilities and balance. You use 100 muscles just to stand!

Every day chores keep you active. Tidying up your home. Vacuuming and dusting. Making the beds. Standing to wash the dishes. All require your body to be active

Stretch out, sit up. Stretching keeps muscles strong and joints flexible. It calms the mind and relieves tension. And bad posture makes us feel stressed and unhappy. If you can't get up, sit up!

Outside is good. Daylight is good for our social and emotional wellbeing. Greenery and fresh air invigorate us. Vitamin D helps our immune system. Try regular, gentle 10 minute walks (unless you are shielding where you should try the 10 minutes in your home or garden).



ACTIVE 'BUDDIES'

Connecting with others improves your emotional wellbeing. If you cannot meet, be active together.

Make activity a reason to get in touch. Friends and family can remind and motivate each other. And not just for exercise!

- ✓ Speaking to a friend on the phone? Stand up (or pace) to make the call
- ✓ Receiving a letter, email or text? Stand up to read it
- ✓ Using online? Contact your friends and exercise on screen together
- ✓ Co-ordinate remote walks with friends or family – even if it is around your house or garden!
- ✓ Create a regular timetable for sharing activity so it becomes weekly behaviour
- ✓ And if standing is difficult, try some of these whilst moving your arms, upper body and head instead



ACTIVE HELP

If you are feeling lonely, anxious or depressed, you can always take action and get the support you need.

Simply visit:

www.publichealthslough.co.uk/campaigns/mental-health-and-coronavirus

or call the wellbeing team at **01753 373646**.

If you need immediate help then call the Samaritans on **116 123**.



GET YOURSELF A FREE ACTIVE MOVEMENT HOME PACK

The special pack includes a leaflet guide, posters, pedometer, weekly contact and support calls all designed to help add a little activity to your daily lifestyle.

Contact peter@activemovement.co.uk for your special pack.



ACTIVE NUTRITION

Eating well and healthily is great for mental health, sleeping patterns, energy levels and general wellbeing. Diets high in refined sugars can worsen mood and wellbeing.

You don't have to do it all at once. Make simple changes one step at a time.

- ✓ Swap from processed to natural foods.
- ✓ Eat fibre by swapping to fruit and vegetables
- ✓ Increase antioxidants and reduce inflammation. Swap to berries and leafy green vegetables, fish such as salmon and small amounts of dark chocolate
- ✓ A daily 10 microgram supplement of Vitamin D is recommended for everyone between October and March
- ✓ Magnesium helps mood. Spinach, bananas and beans are excellent sources
- ✓ Drink water. Hydration helps mental wellbeing so drink at least 2 litres per day. Reduce caffeine and alcohol that can dehydrate you



ACTIVE TELEVISION

Why not use the television as a reminder to stand.

- ✓ always stand up for the advertisements
- ✓ stand up at the end of every programme
- ✓ stand up if a game show contestant gets the answer wrong
- ✓ stand up to watch some of a sports event like a fan
- ✓ stand up when your favourite character is speaking
- ✓ stand up when the News or Weather comes on or put the kettle on (and stand up until it boils!)

If you're not able to stand at these moments, then move or swing your arms instead!

Make a TV swap. Break TV watching by reading a book or magazine. These are better for your mental wellbeing and brain health. Stand up at the end of a chapter or article

Better still do a puzzle or crossword. Stand up every time you find a piece or get a correct answer!

