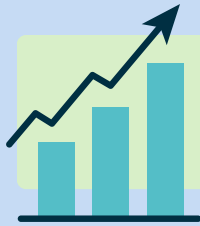
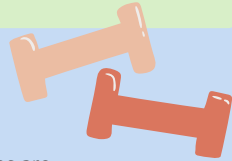


# USING PHYSICAL ACTIVITY TO IMPROVE MOOD AND WELLBEING: KEY TIPS

## TYPES OF ACTIVITIES



Physical activity provides people with opportunities to achieve, to improve at things, and to feel accomplished, and this usually leads to happiness, pride, and confidence.



### RESISTANCE TRAINING

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Resistance based activities are particularly great for this because you can experience small improvements consistently

Try setting small goals

Acknowledge when you achieve your ideal number of repetitions

### LEARNING



Activities that include learning new skills are ideal to promote accomplishment and confidence

Sports are a great option

So are group classes where you do a variety of activities

### OTHER PEOPLE

Exercising with a friend, or in a group context where the other people are supportive, means people can share your accomplishments with you

This can heighten confidence and happiness



### WALKING & RUNNING



Walking, running, and cycling (depending on your preference) can create a sense of escape and help give you a break from stress

This is particularly true if you change the scenery to detach yourself from your usual environment

### DISTRACTION

An activity that cognitively engages you is best if you feel you need a distraction

Try a new group class for variety... or try a sport. Something new will require more attention.



## WHERE AND WITH WHO?

Exercise alone gives people time to think, plan, and feel calmer, while exercise with others generates laughter, enjoyment, and a sense of community



### FRIENDS AND SUPPORTIVE OTHERS

Bringing a friend or important person along can boost the enjoyment you get from an activity and increase its capacity to improve your mood

If you need time to plan and think so you feel calmer, activities that have a low cognitive load are great as they get you moving but also give you clear time alone to think and resolve issues in your mind



A walk with a friend is a great way to debrief, talk, and relieve stress

### TIME TO THINK

Walking and swimming are great for thinking



### SCENERY

If you don't have someone to walk with, but you don't want to think or ruminate and are looking for a distraction, try walking outdoors where the scenery changes



### YOUR NEIGHBOURHOOD



or try walking in your area to say hi to people

Sometimes people can feel uncomfortable or embarrassed in group exercise settings if they feel they aren't as experienced or as good as other people, or if other people watch them

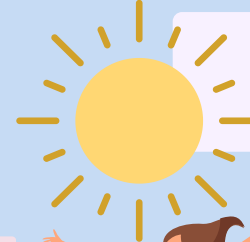
### I DON'T LIKE PEOPLE WATCHING ME

If this happens, online videos from home are a great way to build skill and familiarity. Then try a few different places, classes, or instructors until you find a group that is supportive



## WHEN SHOULD I BE ACTIVE?

Morning exercise provides a sense of routine and accomplishment which carries a more confident and energetic person throughout the day; afternoon exercise facilitates detachment from work



### MORNING

If you feel a peak in energy or confidence might be helpful, then being active in the morning might be the best option.

If you tend to like structure or experience symptoms of anxiety, morning exercise can also create a routine and help reduce feelings of chaos



### EVENING

If you tend to dwell on work problems or find it difficult to enjoy your evenings, exercise after work might be a better option as it can help you to psychologically detach yourself from work

In this case, an activity that cognitively engages you (e.g., there is something clear to focus on and your mind can't wander) is best

Sports are great for this

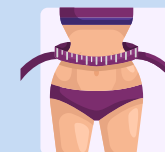


## WHY AM I DOING IT?

### ENJOYMENT

If it's something you enjoy doing, it will likely be good for improving mood regardless of the type, intensity, location, or who you're with

### FOR PHYSICAL REASONS



Sometimes if people are doing an activity purely to lose weight or to avoid putting weight on for example (only a physical goal), they don't experience improvements in mood

If you can pick even one activity per week, that is your time out (from family, from work), and is purely time for you, this is usually good for mood and wellbeing, because there is no pressure to do a certain amount of exercise, but rather the activity becomes 'me time'

### FOR ME

