



The
Growth
Company

Wellbeing Wednesdays

This month's Wellbeing Wednesday is taken over by Kathy and Bryoni, two of our Mental Health Champions who want to promote the benefits of staying active; physical activity is not only good for your body but also great for your mental health!

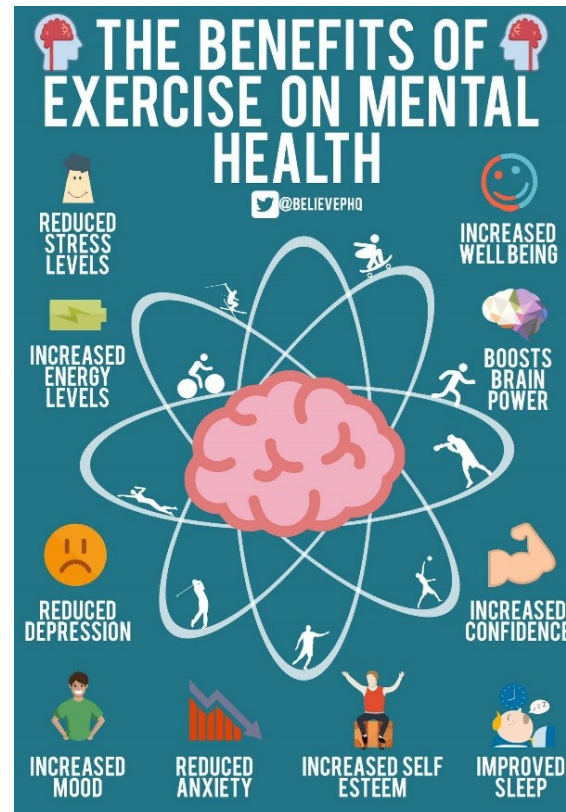
With an increase in working from home, we understand the challenge of staying active on a daily basis so wanted to share a few tips which hopefully you'll find useful.

Physical Activity and Mental Health

Being physically active involves moving your body and working your muscles, it's about sitting down less and moving our bodies more! There are many

studies that have shown that doing physical activity can improve mental health.

For example:



How to get more active...

Being active doesn't have to mean taking out an expensive gym membership or running marathons. Many day-to-day tasks —going on a short walk, climbing the stairs, putting away shopping, carrying a child —all qualify as sources of

physical activity.

There are lots of different things you can try and not every activity will work for every person but below are some ideas that you could incorporate into your daily routines:



- Walk a bit more – to work, to the shops, or to the end of the road and back. You could sign up to the [Monday Campaigns](#) newsletter for some inspiration each week.
- Do active household chores, like hoovering, tidying or DIY.
- Gardening or seated gardening – the [Carry on Gardening](#) website has information about gardening for emotional wellbeing and with particular disabilities.
- [Habit-stack](#) – march on the spot whilst making a brew or do some stretches whilst sitting at your desk.

- Remember any amount of physical activity is better than none so finding an activity you like or can do regularly is more important than pushing yourself to do something you don't enjoy. The [Rethink Mental Illness Physical Activity Pack](#) will also give you lots of useful tips and ideas on how you can move more in your daily routine.



A video by Mind on what you can do to start getting active

Get others involved...

Why not create a challenge with friends or colleagues to encourage us all to be healthier? There are many apps that can help to track team physical activity challenges (such as Strava), you could also organise walking meetings or a charity event to get more active together.

As part of **Mental Health Awareness Week** (9-15 May 2022), we are looking to organise short **Wellbeing Walks** at each of our offices and centres. This will be a good opportunity to connect with others as well as be more active. If you would like to get involved with organising and promoting locally, please get in [touch](#).

If you would like to make any further suggestions for future topics, join the Health and Wellbeing EDI Network or share any tips on how you stay active, then we'd love to hear from you, please get in [contact](#).

Take one step at a time,

Kathy Currie (Quality Lead Advisor) and **Bryoni Parkinson** (Quality and Training Lead Officer), National Careers Service.

Mental Health Champions and members of the Health and Wellbeing EDI Network

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