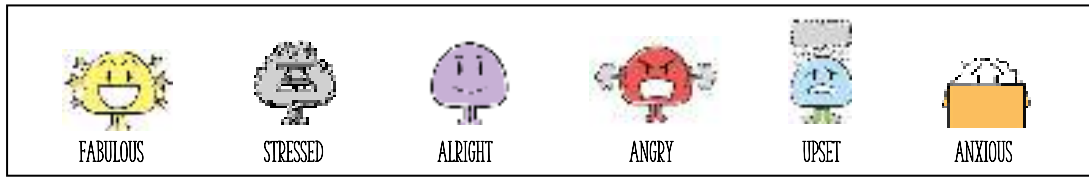


MOVEMENT AND MIND



7 ways movement can improve your emotional wellbeing.

www.thesource.me.uk/wellbeing

The Source – Information, advice and support for young people in Suffolk.

1. MOVE YOUR BODY FOR BETTER SLEEP



Physical activity can help you sleep for longer and get to sleep. This could be **walking, skating, biking, dancing, playing with animals and playing ball games – or just moving more.**

What really helps is to include movement into as much of your day as possible – take stairs rather than lifts, walk/bike where possible and regularly get up and get active!

2. MOVE TO HAVE HAPPIER MOODS?

Choose movement for a natural high - Sounds good, but how do you change the 'stress' into **happy hormones**? Well, **moving your body** increases your heart rate and circulation and helps burn off the stress hormones – **adrenaline and cortisol** – so you feel more relaxed and freer from worry.



After around 20 – 30 minutes of physical activity that makes you slightly breathless, like walking or biking, endorphins are released and **result in a mood and energy boost for 2-3 hours and a mild buzz for up to 24 hours.**

Something to try No. 1 - STAND LIKE A STARFISH - This move will soothe and calm anxiety and tension

- Stand up with your feet about 2 foot apart
- Close your eyes (if you feel ok to do so)
- Open your arms wide at shoulder height so your chest opens
- Breathe deeply in and out through your nose
- Say to yourself "all is well" - Keep doing this until you begin to feel calm and relaxed



3. MOVE TO CALM STRESS, ANXIETY AND RACING OR UPSETTING THOUGHTS.



Being physically active gives your brain something to focus on and can be a positive coping strategy for difficult times. **When your body is busy, your mind isn't.**

Your body can't be in the past, going over things that have gone wrong, and it can't be in the future worrying about what might be. Your body can only be in the here and now.

So put your attention into your body, your breath, your movements, your sensations, count your steps, notice the nature around you. Help your mind become free from worry.

4. MOVE TO REDUCE THE RISK OF DEPRESSION

Moving your body regularly can reduce the likelihood of experiencing a period of low mood or depression and also help you recover if you are feeling low or depressed.

Walking for 30 minutes 5 times per week can have the same effect as a mild/moderate antidepressant.... but with no side effects. **Tip:** You can even do it in 10-minute chunks, and it will still be as effective.

Try something No. 2 – ENGAGE YOUR SENSES - As you walk, try this technique to bring your focus back into the moment (try this alone or with friends)

5. Name and describe 5 things you can see right now
4. Name and describe 4 things you can touch/feel
3. Name and describe 3 things you can hear
2. Name and describe 2 things you can smell
1. Name and describe 1 thing you can taste



5. MOVE TO BUILD CONFIDENCE, SELF-BELIEF AND SELF-ESTEEM

Developing a regular routine of any kind of movement will increase your belief in yourself, your self-esteem, and your overall confidence. It builds it in 3 different ways:

BE YOUR WORD – by doing what you say you are going to do you can trust in yourself and feel more in control.

FEEL PROUD – during and after you complete the movement you can bask in the pleasure of your achievement.

RIDE THE WAVE – the sense of achievement you feel will help you face challenges and meet other goals.

Try something No. 3 - ATTENTION SWITCHING - Help each other feel better with this game to switch attention.

Ask yourself, or each other, a **random question** that get your brain or body engaged into something new and unexpected.

This will break the cycle of anxiety or worry and put your attention into something completely different. It can also make you laugh – be as silly as you want. **For example**, name three cities beginning with the letter B, say your name and mobile number backwards. Get creative!



6. MOVE TO CREATE TIME TO RELAX, REFLECT AND DAYDREAM



For our brains to work well – we need some privacy each day where we can step back from people and technology to be able to **relax, reflect and daydream**. This enables us to make sense of all the information we have recently taken on board, to problem solve any challenges and to have the chance to think. Try to take a moment a few times each day.

7. MOVE AS A WAY TO CONNECT WITH PEOPLE

We are social creatures but we each need to feel connected to friends and family or at least one other person (or pet) to be mentally well. **You could join a group** to build connections. Go to: www.thesource.me.uk/move

Wellbeing helplines and support

Kooth - Free, safe and anonymous online support. Visit: www.kooth.com

FYI Norfolk - Trusted help, advice and information for 11 to 24 year olds. Visit: www.fyिनorfolk.nhs.uk

Barnardo's Phonenumber Service and Emotional Wellbeing Hub -

Call 0345 600 2090 and press option 1 or 2. (Open Monday to Friday, 8am to 7.30 pm).

Just One Norfolk - If you live in Lowestoft or Waveney. Visit www.justonenorfolk.nhs

The Source website - Go to www.thesource.me.uk/wellbeing