

Movement: Moving more for our mental health

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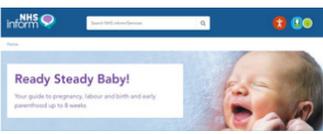
Physical activity and mental wellbeing are closely linked. Sometimes the best thing we can do for our mental health is to move around and be active.

Mental Health and Movement: The Benefits

Alleviating anxiety		Improves mood
Helps concentration		Sharper memory and thinking
Better sleep		Reduced anger
Slowing cognitive decline		Reducing symptoms of stress
		More able to cope with challenges

Resources

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Keeping active during and after pregnancy: information to help keep active during pregnancy and getting back to previous levels of fitness or starting new activities after birth.

Play helps children learn and practice new skills, make friends and find a sense of self. Play changes as children develop into adults and includes hobbies and leisure activities.



Five Steps to Wellbeing: Evidence suggests there are five steps we can all take to improve our mental wellbeing, one being keeping active. If you give them a try, you may feel happier, more positive and able to get the most from life.

Keeping active in later life: a useful guide with information on how to keep active in later life.



Keeping active guidelines: Learn about the recommended physical activity guidelines for your age group. Also available in BSL.

Getting active can be a struggle – including those of us who live with mental health problems. Useful information to learn more, including tips and activities that you can try.



Highlights a selection of local and national **sports organisations** and clubs for people with a disability or living with a long term health condition.



Our **Green Spaces** of Greater Glasgow and Clyde resource includes information about available green spaces across the 6 Health and Social Care Partnerships.



Find out about health walks in your area, dementia friendly walks, buggy walks and workplace walks.

Helplines

Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit www.childline.org.uk



For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



Call any time, day or night. Whatever you're going through, you can call any time, from any phone for **FREE, 116 123**.



Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.

