

Mental Health Improvement Team



Mental Health and Physical Activity

Regular physical activity offers extensive benefits, not only to our physical and social wellbeing but also our mental wellbeing. One of the best things we can do for our mental health is to move around and be active.

The Benefits of Being Active

Physical	Mental	Social
Improved heart and lung health	Reduces depression	Builds relationships
Reduced risk of chronic diseases	Alleviating anxiety	Reduces loneliness & isolation
Increased energy	Improves mood	Fosters belonging
Better posture	Reduces symptoms of stress	Develops social skills
Improved mobility	Better sleep	Boosts self-confidence
Helps weight management	Reduced anger	Increases well-being
Helps concentration		

Resources

click on images to download information

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.



Keeping Active Guidelines. Learn about the recommended physical activity guidelines for your age group. BSL available.



Keeping Active in Later Life. A useful guide with information on how to keep active in later life.



Physical Activity & Mental Health. Getting active can be a struggle for those who live with mental health problems. Useful information to learn more, including tips and activities that you can try.



Five Steps to Wellbeing. 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.



Disability & Long Term Conditions. Find out about local and national sports organisations and clubs for people with a disability or living with a long term health condition.



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



Walking Scotland. Find out about health walks in your area. Meet other people and explore your area with a friendly walking group.



Get Active. Find out about the physical activity initiatives and classes on offer across Greater Glasgow and Clyde.



Keeping Active. Information on the health benefits of exercise and ideas on how to keep active from NHS Inform Scotland.



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.



If you would like to unsubscribe from our Snippet, please email ggc.mhead@nhs.scot