YOUR MENTAL HEALTH IS IMPORTANT!

Your **physical health** is an important part of your overall wellbeing. It is a good habit to include some form of physical activity in your day to day life to keep your mind and body healthy. When we feel good in both mind and body, we feel happier, more positive and are able to enjoy our lives fully.

Benefits of physical activity

- **Increases your self-esteem**
- **Reduces anxiety**
- **Shifts your mood from sad to happy**
- **Your brain releases "happy hormones"**
- **Lowers your stress levels**
- **Adjusts your focus for everyday tasks**
- **Eliminates racing thoughts**
- **Lowers your risk of depression**

How to start being more active?

- **Choose an activity that you enjoy**
- **Search the Internet for exercises you can perform at home**
- **Aim to be active at least 30 minutes a day on 5 days a week**
- **Include small amounts of physical activity that accumulate towards your weekly goal – use the stairs or walk wherever possible**

Call the National Helpline at 16000 for further support from our mental health professionals