



Wellbeing

Maintaining  
good well-  
being  
whilst in  
lockdown



# Staying active

---

It's like Miracle-Gro for your mind!

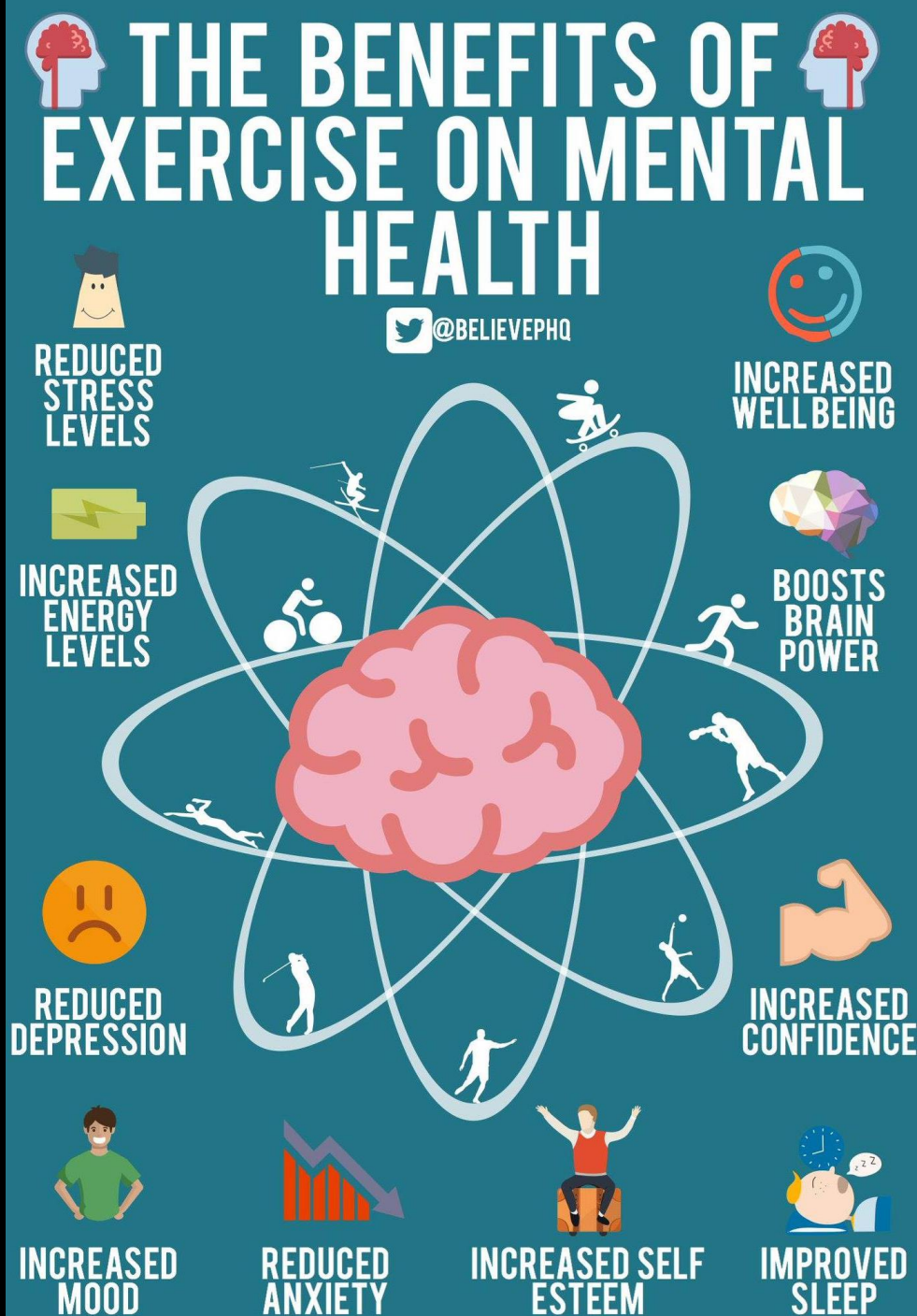


# Why be active?

Exercise and activity keep our heart, body and minds healthy. There is evidence that exercise not only protects you from stress but can also help if you are feeling low or anxious.

Regular activity helps you to:

- Feel good about yourself
- Concentrate better
- Sleep better
- Have a more positive outlook on life
- Help build strong bones, powerful muscles and healthy joints.



# Exercise boosts brain power



**Before Exercise**



**20 Mins after Exercise**

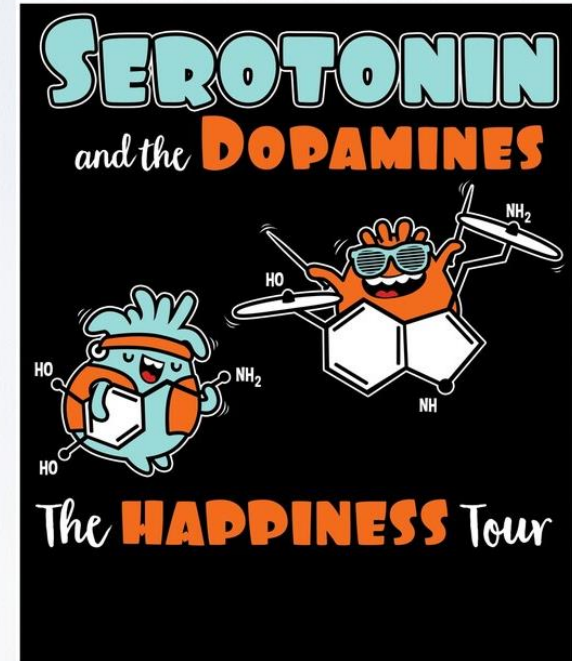
Most of us feel good when we are active. So – don't worry about not doing enough – get started by building a bit more physical activity into your daily life now.

Even a tiny change can get your heart working and help you feel happier!

# Why does exercise make me feel better?

Exercise releases 'feel good' chemicals in your brain. These are called endorphins. In particular exercise affects chemicals called 'dopamine' and 'serotonin' - both of which help us manage low mood and stress.

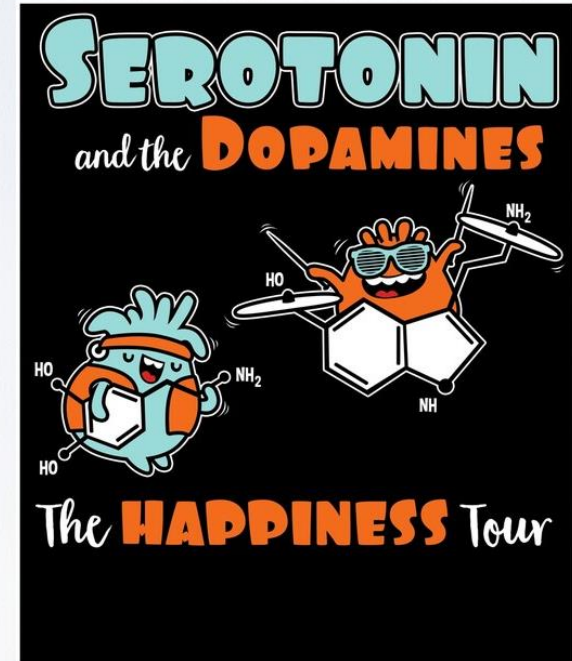
Dopamine – it's the *motivator molecule*. It's a neurotransmitter that the brain uses to send signals to the muscles in your body to make them move – it's nicknamed the 'feel good hormone'. It's also involved in your working memory (so it helps you concentrate) and helping you think clearly



# Why does exercise make me feel better?

Serotonin – Serotonin is another neurotransmitter so it relays messages in your brain and has an effect on your whole body. It's the hormone that helps stabilise your mood and promotes feelings of happiness and wellbeing.

Because of the way these hormones work, activity can help you feel more in control which helps when you may feel worried or stressed.





Breaking a  
Sweat Makes Your  
Brain Bigger, Smarter,  
and Happier



## How much?

---

Any activity is better than none. If you're not used to being more active then take your time and start small.

It doesn't have to be about running, lifting huge weights or really strenuous.

Take the stairs if you're in a shop, walk rather than get the bus, cycle, meet a friend for a walk or see if you can find a workout you like the look of on youtube.



# Challenge time...

---

- Pick one of the exercises
- Set a timer for 100 seconds
- How many can you do in that time?
- Can you challenge a friend?

1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	



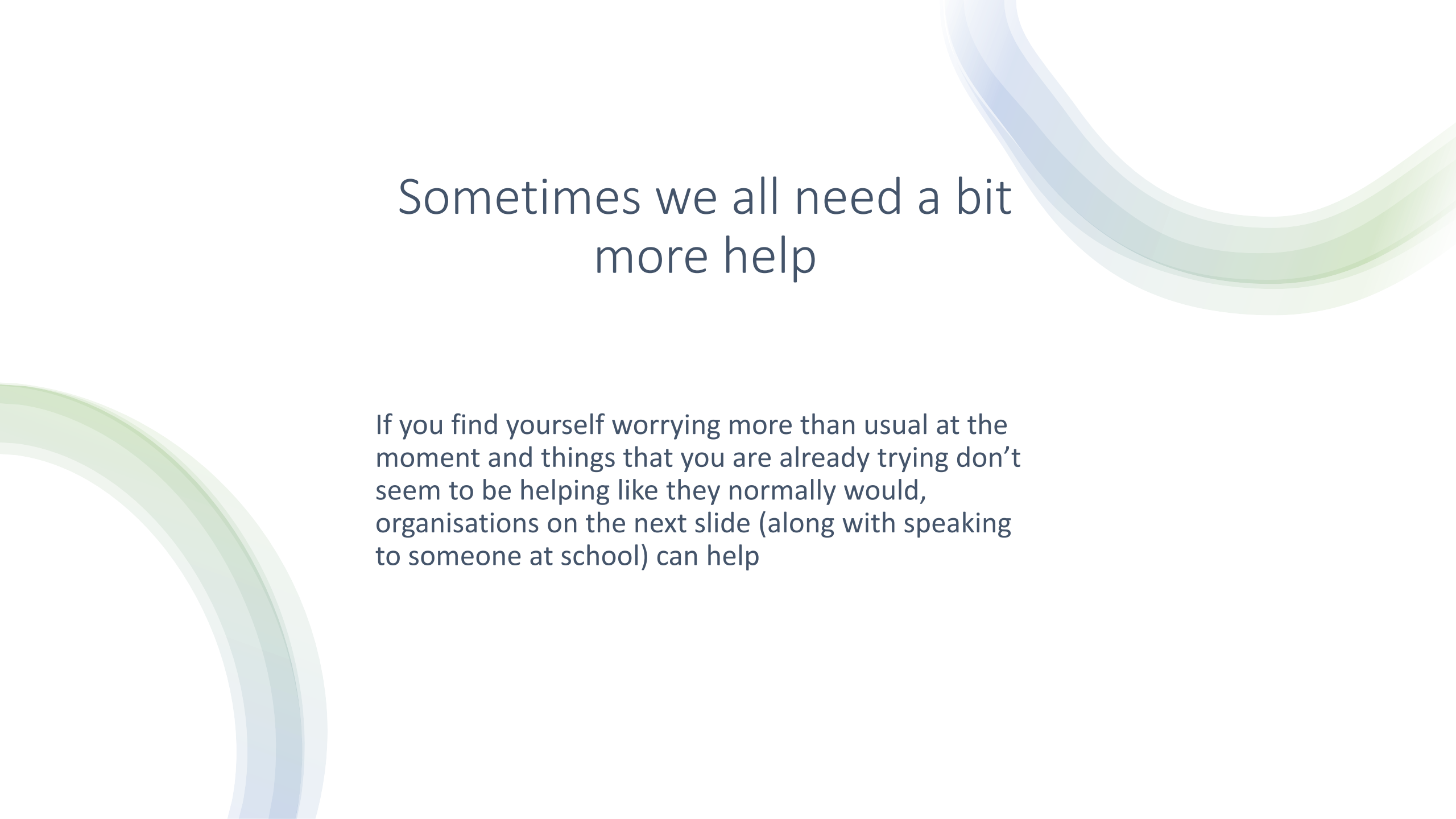
**REST.**  
(it's part of the program!)

## Top Tips!

Remember it's important to enjoy whatever you choose – that way you're more likely to stick to it. If you're finding it hard, boring or it makes you feel worse then try something different or buddy up with someone. Nobody's perfect.

Try not to exercise too late in the day because all those feel good hormones can make it more tricky to switch off and go to sleep.

Even if you're really fit or you love to exercise, remember that rest is also important to help your muscles recover and repair.

The slide features decorative curved lines in shades of blue and green. One set of lines is in the top right corner, curving downwards and to the left. Another set is in the bottom left corner, curving upwards and to the right. The text is centered on the slide.

## Sometimes we all need a bit more help

If you find yourself worrying more than usual at the moment and things that you are already trying don't seem to be helping like they normally would, organisations on the next slide (along with speaking to someone at school) can help

# Useful Organisations



Kooth.com –  
your online  
mental wellbeing  
community

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

<https://www.myh.org.uk/helpline>



## Birmingham Mind Help Line

We are here for you

Current Opening Times - 7 Days a Week  
9:00am – 11:00pm

**0121 262 3555**  
**help@birminghammind.org**

**Supporting people living in and around Birmingham**

Registered Office: Birmingham Mind, 17 Graham Street, Hockley, Birmingham, B1 3JR.  
Registered Charity No: 1003906



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) or call 0207 8414470 and we will arrange for one of our friendly team to call you back.

For more info check out <https://www.forwardthinkingbirmingham.org.uk/>

# Pause.



[The Mix - Essential support for under 25s](#)