

# Wellbeing Wednesday

ISSUE 11: Benefits of Exercise on Mental Health

The latest research suggests that exercise could prevent mental illness in a quarter of people



## Connecting with people

Taking part in group or team activities also gives you the opportunity to meet new people.

## Happier Moods

Physical activity releases feel good hormones that increase your mood and energy levels

## Reduces Depression

Studies have shown that being more physically active can reduce the likelihood of experiencing a period of depression

## Increased self esteem

Being active can make you feel better about yourself as you improve and reach your goals

## Managing stress

Doing something active releases cortisol which helps us manage stress and anxiety

## Better sleep

Being physically active can make you more tired at the end of the day, leading to a deeper sleep