

Let's Move More for Our Mental Health

It's **Mental Health Awareness Week** from 13th-19th May and this year's campaign from the Mental Health Foundation is '**Let's Move More for Our Mental Health**'.

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health.

Movement is a great way to enhance our wellbeing and can take on many different forms. Movement is as individual as we all are. From walking across a worksite of a worksite visit, stretches at your desk or a brisk 10-minute walk to dancing to your favourite tune, they can all boost our mood and increase our mental alertness and energy. Movement can help us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better.

Spare Time

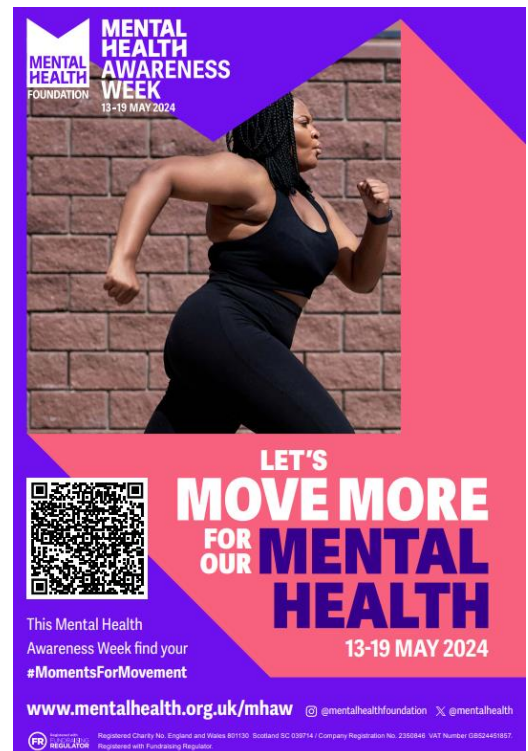
"I don't have time!!" – A common response to the suggestion to move more. We all have pressures and demands upon our time that we can use as an excuse to not put ourselves first but in reality, we need to **make the time** to move more.

How much time do we spend inactively completing tasks? Waiting for the kettle to boil, waiting for the microwave to ping, on a phone call or waiting for a child to finish at an afterschool club? Could this be the time we **make** for more movement in our day?

Ideas for More Movement at Work



- Complete a site visit (and complete an eWIF of course!).
- Cycle/walk to Work.
- Park in the furthest space from the office to get steps in.
- Use the stairs for a rest break round trip.
- Stretch at your desk.



Ideas for More Movement at Home

- Put your favourite song on and dance to the tune to start your day or while making tea.
- Use an indoor treadmill or bike and be active whilst watching TV.
- Walk your dog for an extra minute each day (i.e. Mon = +1 min, Tues = +2 mins, Wed = +3 mins etc – totalling 28 additional minutes of moving a week).



Every Little Helps



10 minutes of stretching a day is the same as walking the length of a football pitch.

1 hour of dancing every week for a year is like walking from Edinburgh to Elgin.

20 minutes of vacuuming a week is like walking a mile so you could have walked 52 miles in a year.



30 minutes of grocery shopping every other week for a year is like walking a marathon!!

Moments For Movement Challenge

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
 13-19 MAY 2024

JOIN OUR MENTAL HEALTH AWARENESS WEEK EVENT

Join us for

Where?

When?

Mental Health Awareness Week is 13 to 19 May.
 The theme for 2024 is Movement: Moving more for our mental health.
www.mentalhealth.org.uk/mhaw

Mental Health Awareness Week is run by the Mental Health Foundation.
 Share your #MomentsForMovement
 @mentalhealthfoundation @mentalhealth

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Donate to support good mental health for all

Your challenge...should you choose to accept it... is to put your mental health, and the mental health of your colleagues first, and move more! Decide on a challenge within your office/department or team that you will complete, record it for accountability on the poster and let's see how creative we can be when we find **#MomentsForMovement**.

Additional ideas and suggestions on how you can get involved can be found on the Mental Health Foundation website, which you can access by scanning the QR Code below.



Let's Move More!!

May 2024 (Ref 24:20)

Created by Scottish Woodlands Compliance Support Team





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13-19 MAY 2024



This Mental Health
Awareness Week find your
#MomentsForMovement

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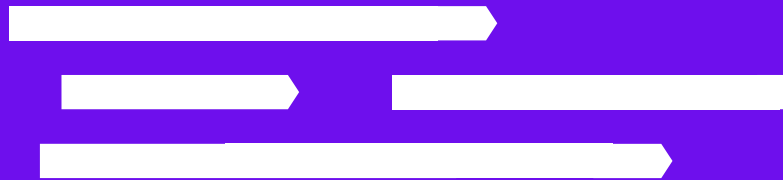
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