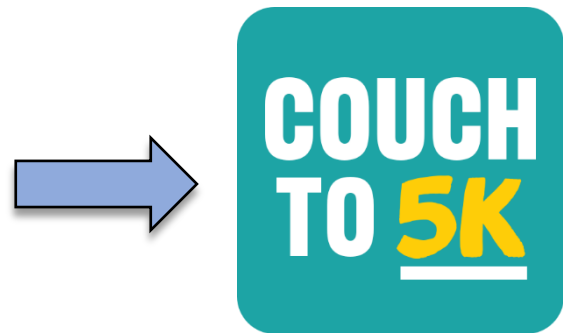
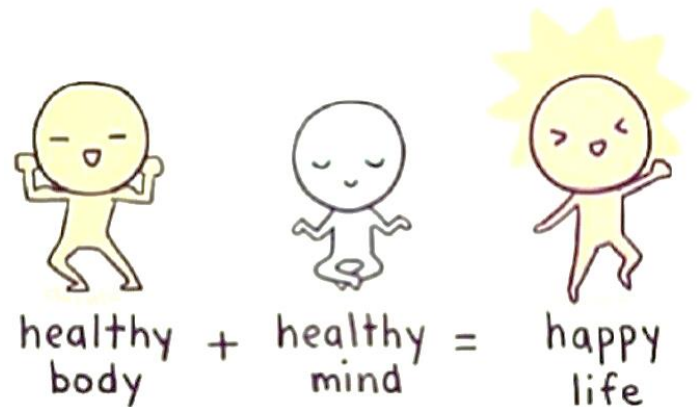


Healthy Body = Healthy Mind!

In today's Bulletin we will be looking at the mental health benefits of exercise.

Staying active may be harder in Lockdown, especially with so much of our time being spent sat down in front of a computer screen. However, it is really important that we take any opportunity to get up stretch and move about.

Lockdown could be a great opportunity to take up a new activity, such as running or yoga. The Couch to 5k App is a great way to get into running. Don't worry if you've never ran before, the app will coach you through it- so that by the end of 9 weeks you're running a full 5K!



Why is exercise so good for mental health?

You know that exercise is really good for your body; but did you also know that exercise is also really good for you mind? Exercises release positive endorphins. Endorphins- or the 'feel good hormone', helps you to de-stress, clear your head and lift your mood.

Did you know that research has shown that exercise can help prevent depression and help ease anxiety? Small activities such as getting out of the house can make you feel really positive and make you feel like you've achieved something. It's a great way to get rid of that excess energy that anxiety can cause you to feel; and some people find activities such as running to be really therapeutic- as your mind is focused on something else rather than all the thoughts bouncing about in your head.

There is no right or wrong time to exercise, if the idea of dragging yourself out of bed in the morning fills you with dread then exercise later on in the day. Finishing of your school day with some form of exercise might be a great way for you to wind down and relax.

Can exercise help you handle stress?

Yes! I know that lockdown can be a really stressful time, especially at the moment when you're adjusting to home schooling and the new 'normal'. When you're stressed you might not feel like you have time to exercise. This is why it is even more important to have a break from your work and do some exercise- it's so important to keep looking after yourself. This might also be a great way for you to create more of a routine, try scheduling 20-30 minutes of exercise into your daily routine. You could do this first thing in the morning before you start your lessons. This will be a great start to the day and get you feeling great.

What can you do? How can you fit it in?

- Find the right mood booster for you! Ultimately the right exercise for you is whichever workout makes you happy, if you enjoy what you're doing you'll want to keep doing it.
- Exercise is also a great way of socializing with a friend, you could meet up with a friend on the weekend and go for a walk- remembering to socially distance and be sensible of course.
- To calm your mind try Yoga or Pilates. Exercises that focus on your breathing are a really good way to improve your mindfulness. This can help to calm your mind and improve your mood. You can YouTube videos for beginners and follow along.
- To release some tension try a High intensity workout (HIIT). HIIT workouts focus your attention completely on what you're doing due to the intensity of the workout. There are lots of free HIIT workouts on 'The Body Coach's' YouTube channel. Don't worry if you're a beginner there a short 15 minute beginner workouts on the channel with he will coach and motivate you through.

