

Quick tips on physical activity



Short of time?

Try a brisk 10-minute walk twice a day to the office or school gates. Small increases in activity are easier to maintain and will give you a regular sense of success.

Do something you enjoy

It could be dancing around the kitchen, a ball game or dog walking – anything. If you find it fun, you are more likely to want to keep doing it.

Explore the outdoors

Outside activities like cycling or gardening can improve your wellbeing, and give you a sense of grounding and perspective.

Pace yourself

Build up gradually. Too much exercise can make stress worse or cause injury. If it motivates you, set challenging but achievable goals.

Racing thoughts?

Solo sports like running or swimming can help you get some time to yourself to think things over, away from everyday stresses.

Want to clear your head?

Concentrating on playing a team sport or competitive game, such as football or tennis, can help turn your focus away from your worries. And it might not even feel like exercise.

Think positively

Celebrate any progress you make, however small.

Can't get going?

Try joining a club or class. Other people can help you get motivated and it's a great way to meet new people. Or, if you want to, take a friend with you for support.

For more information visit mind.org.uk/physicalactivity

Mind Infoline: 0300 123 3393 or text: 86463