



# Us Plus Mental Health and Wellbeing Bulletin 4

*Hello everyone,*

*Firstly, a huge thank you to those of you who wore your yellow pin badges last week to show support to those who are experiencing poor mental health and to raise awareness of World Mental Health Day.*

*This bulletin takes a brief look at gratitude and physical wellbeing – both essential components of positive mental health!*

*Mrs Taylor*

Feeling grateful for elements of our life is a really important way to support our own mental health. Can you finish the gratitude prompts below?

## GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. **A memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...



## Keeping fit and active



Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.

Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.

You don't need to devote hours out of your busy day to train at the gym, sweat buckets, or run mile after monotonous mile to reap all the physical and mental health benefits of exercise. Just 30-minutes of moderate exercise five times a week is enough. And even that can be broken down into two 15-minute or even three 10-minute exercise sessions if that's easier. Remember – being physically fit will help you stay mentally fit!

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at [ktaylor@penrice.org.uk](mailto:ktaylor@penrice.org.uk)

