

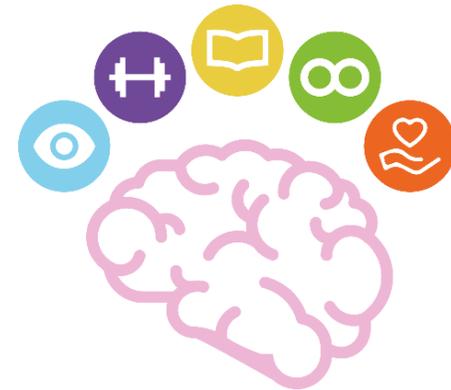
Benefits of exercise for mood



- How can 'being active' help with your mood?



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



Wellbeing



- *Regular exercise can boost your mood - especially if you suffer from feeling stressed, anxious and it's especially useful for people with mild to moderate depression.*
- *"Any type of exercise is useful, as long as it suits you and you do enough of it," says Dr Alan Cohen, a GP with a special interest in mental health.*



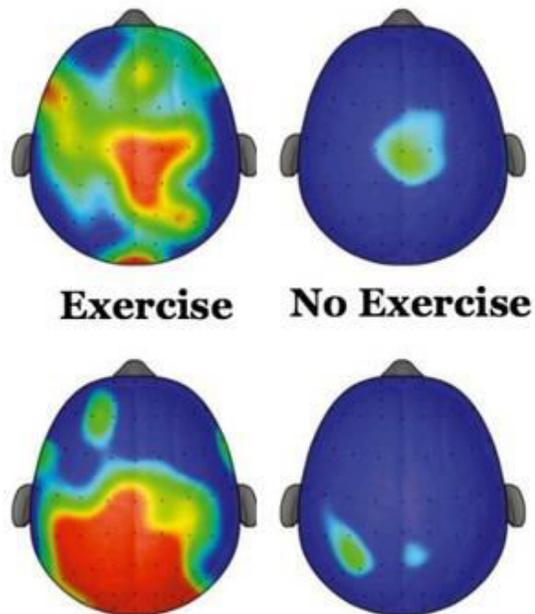
From NHS

- *Running for 15 minutes a day or walking for an hour can alleviate stress and reduce the risk of major depression, according to a recent study.*
- *"We saw a 26% decrease in odds for becoming depressed for each major increase in objectively measured physical activity," says study author Karmel Choi, a clinical and research fellow at the Harvard T.H. Chan School of Public Health.*



From Harvard Health

- *When you engage in high-intensity exercise, your body and brain produce hormones and neurotransmitters that have a positive impact on your mood, memory, energy levels, and sense of well-being.*
- *Some of these are known as endorphins, the body's feel-good chemicals.*



Basso JC, Suzuki WA. The Effects of Acute Exercise on Mood, Cognition, Neurophysiology, and Neurochemical Pathways: A Review. Brain Plast.



Exercise makes the body produce endorphins, which are known as the “feel-good” hormone, Take a look at the video below: (From Exercise.com)



<https://www.youtube.com/watch?v=3ZBXldCxZEA&t=7s>

Exercise can also help with general self-care through:

- Feeling sense of accomplishment
- Can be done for enjoyment rather than to reach a target
- Being outdoors and/or with others
- Helps with work/life balance
- Can aid mindfulness



- *A study has found that if people exercised for at least 30 minutes on most days, they were about 30 percent more likely to consider themselves happy than people who did not meet the guidelines.*
- *Exercise might also remodel the brain, for example, by prompting the creation of new brain cells or inducing changes in brain chemicals, in ways that contribute to positive emotions.*

From The New York Times



As we spend a lot of time behind the desk, we have to use every opportunity to move our bodies!

Task: As a tutor group, have a go at these seated exercises

How do you feel physically after doing these exercises?

How is your mood after doing these exercises?

<https://www.youtube.com/watch?v=MTU4iCDntjs>

Where can you go for help?

In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

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Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing

- Exam Support
- Information and Support directory
- MINDFULNESS
- Parent support
- Student Support Services
- Virtual Wellbeing Board
- Weekly Wellbeing 2020
- Weekly Wellbeing 2021
- Working Healthily At Home