

STEP BY STEP

Get walking and talking for mental health

Thank you for taking part in Step by Step, we hope you have an unforgettable day.

Today we're giving you an excuse to go on a long, picturesque walk with your family, friends or colleagues, because simply walking and talking can work wonders for your health and mind. And to help get the conversation flowing, we've put together a little quiz. We hope you find the answers interesting (even surprising), but most of all, we hope you have fun. So put your best foot forward and let's get talking...

1. Which activity is healthier for you?

- a) Walking
- b) Running

2. How many people are living with anxiety conditions in the UK?

- a) 1/100
- b) 1/20
- c) 1/10

3. Which of the following statements are true?

- a) Walking boosts creativity
- b) Walking helps you to concentrate
- c) Walking can treat depression

4. How many people will be diagnosed with depression in the UK

- a) 1 in 6
- b) 1 in 10
- c) 1 in 20

5. Which of these wild animals could it be possible to spot in the countryside in the Midlands?

- a) Kangaroo
- b) Koala
- c) Wallaby

6. What proportion of people with mental health problems experience stigma?

- a) 90%
- b) 50%
- c) 25%

7. Which of these 3 UK hotspots was voted the best place to walk?

- a) Snowdon
- b) The Lake District
- c) The Yorkshire Dales

**Turn over for
answers on
the back**

Thank you for walking, talking and raising money for people who need support.

Answers

1. Hang up your running shoes, according to one study in California it's a) walking! The test involved data from two studies of 33,060 runners and 15,045 walkers over a period of six years. The results showed that for the same amount of energy used, walkers experienced greater health benefits than runners, with the risk of heart disease, blood pressure and cholesterol reduced by nearly twice as much as running in some cases. Good news walkers!
2. 1 in 10 people are living with anxiety conditions in the UK – that's 8 million people who suffer from feelings of worry, nausea and panic attacks on a regular basis.
3. All three. Studies show that walking and getting back to nature can improve our attention and memory, which are important for creativity and induce calmer, meditative states, which helps people concentrate. Walking and talking together is proven to have a positive effect on mental health.
4. 1 in 6 people in the UK will be diagnosed with depression – it's the leading cause of disability in the world.
5. C) Wallaby. According to Countryfile, a colony of wallabies have lived for seven decades in the Staffordshire countryside since a handful were released into the wild during the Second World War.
6. A) 90%. According to one of our partner charities, Time to Change, up to 90% of people with mental health problems experience some form of stigma, whether from friends and family, at work, in education or during treatment.
7. B) The Lake District's third highest peak, Helvellyn, was voted the nation's top walking destination in an ITV programme hosted by Julia Bradbury, celebrating Britain's favourite walks.

**For more information visit
www.mentalhealth-uk.org**

