

Ways to move at home

Mental
Health
UK

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.

Despite the evidence that keeping physically active can promote good mental health, we know there are barriers preventing us doing so, like accessibility, time, money, body image, lack of open space, or the negative connotations we might associate with 'exercise' itself. That's why we're encouraging you to 'move your way' by choosing an activity that suits you.

There are so many ways we can incorporate movement into our daily lives, especially at home.



Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to mentalhealth-uk.org/movement

Why not...

- Take a longer, more scenic route next time you are walking to the shops
- Take a 'movement-break' during TV adverts by doing some stretches, some chair yoga or moving about the house.
- Play your favourite music next time you're doing household chores like vacuuming or washing up
- Make the most of your garden if you have one and get outdoors in the warmer weather
- If you're a parent of a younger child, think of games you could play, such as hide-and-seek, or run an arts and crafts evening
- Start each day with a walk around the block before you progress with your day.

The possibilities are endless when it comes to finding a movement that works for you. Found a creative movement? Post it on social media and tag us!