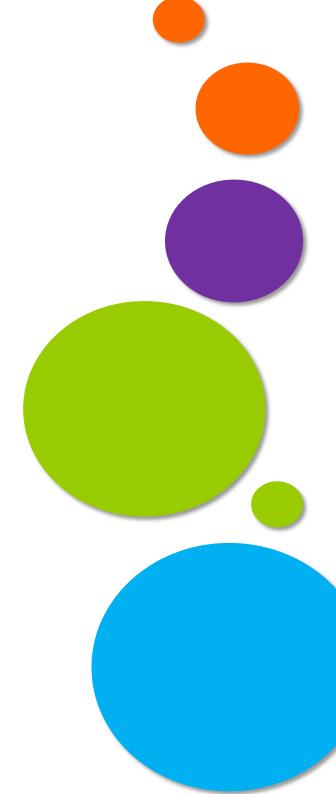


Yoga Gardening Swimming skiino Snowshoein Hiking



Let's Get Moving for Mental Health

Active Bodies, Active Minds! Be physically active to take care of your physical & mental health. Feel the results...physical activity reduces stress & anger, reduces the symptoms of anxiety & depression. It improves mood, sleep, focus, motivation & self-esteem, boosts energy, promotes relaxation and is fun!

Stretch Away Stress

Stretching keeps muscles flexible & helps you relax. It relieves tension in your head, neck, shoulders – the muscle groups most affected by stress.

Walk Away Worries

Take a walk, take the stairs, leave the car home for short trips or park at the far end of the parking lot. Invite a friend, walk the dog or walk alone to get away from the hustle & bustle of life.

Dance Your Cares Away

Dancing not only gets your body moving but the music also brings a more positive, relaxed & care-free state of mind.

Run to Relax

Running exerts excess energy & hormones to help relieve stress, improve mood, promotes relaxation & boost confidence.

For more information or support, contact your local Mental Health & Addiction Services Office. Mental Health Crisis Line 1-888-737-4668 NL Health Line 1-888-709-2929



Bike to Beat Stress

Cycling decreases stress, reduces anxiety & depression. It's a low-impact exercise for people of all ages. Whether you cycle for recreation, sport or transport, it's fun & good for the environment.

Sport your Self-Esteem

Participate in a sport to be social, part of a team, improve body image & self-esteem. It encourages healthy competition, healthy habits & people feel good as they master new skills.

Work Out Worries

Working out takes your mind off worries. It's a distraction from the stress & hassles of everyday life.

Whether its indoor or outdoor, individual or group, find an activity you enjoy & have fun making activity part of your everyday life. 60 minutes a day can make a difference. Being physically active every day is enjoyable & safe for most people. Visit <u>www.csep.ca/guidelines</u> or <u>www.participACTION.com</u> for the Canadian Physical Activity Guidelines.







