



EFFECTS OF PHYSICAL ACTIVITY ON EMOTIONAL HEALTH AND WELLBEING



What do we mean by emotional health and wellbeing?

Every person has the right to feel good about themselves and to maintain good health.

Emotional health is being able to control your emotions and behaviour, showing resilience in troubling situations, and can build strong, lasting relationships. It is having the ability to recognise and share a wide range of feelings with others in a constructive way.

Emotional health is more than just the absence of mental disorders such as depression and anxiety.

For someone to have good mental wellbeing means they can cope with life stresses/ challenges/ problems and make the most of opportunities. They also are satisfied with their life (as a whole) and feel they have a sense of control and purpose.

Having good general mental health is when:

- You care about yourself and you care for yourself. You love yourself, not hate yourself. You look after your physical health – eat well, sleep well, are physically active and enjoy yourself.
- You see yourself as being a valuable person in your own right. You don't have to earn the right to exist. You exist, so you have the right to exist.
- You judge yourself on reasonable standards. You don't set yourself impossible goals, such as 'I have to be perfect in everything I do', and then punish yourself when you don't reach those goals. – (Mind Charity)

The Importance of Physical Activity

Physical activity can involve anything from doing a dance, swimming, riding a bike and includes partaking in sports/exercise classes. Spending less time sedentary/sitting still and simply moving more can have many benefits.

- Physical activity is the best natural medicine for the body. It can help you live longer and helps 'keep the doctor away'.
- Physical activity improves mood. It promotes the release of 'feel good' chemicals in the brain that lift your mood and make you feel more relaxed.
- Regular physical activity can relieve stress, anxiety, depression and anger.
- People who maintain regular physical activity report they feel better in their overall daily lives.

Staying physically active can help you promote and maintain good mental health and emotional wellbeing in many ways.



How it works?

Physical activity keeps you physically fit and able. Without regular activity your body slowly loses its strength, stamina and ability to function properly. Physical activity increases muscle strength which, in turn, increases your ability to do other activities in your daily life.

Physical activity has many known benefits for your internal body systems; cardiovascular, respiratory, energy systems, muscular and skeletal. The functions of these systems are important for overall health and wellbeing.



The Body:

Physical activity has many important and healthy effects for all different parts of your body.

- Physical activity helps you to maintain a good body weight. Through keeping a good healthy body weight, it helps you feel happier within yourself, and it leads to increased self-confidence and self-esteem.
- Physical activity that increases your breathing rate and heart rate can have additional benefits. Over time these organs will become stronger and more efficient. Meaning you will be able to be involved in physical activity for longer and higher intensity activity. This may then open the doors to opportunities you didn't feel you could do or never thought you would try and can give you a boost in self-worth and self-belief.
- By staying involved in physical activity it helps you maintain healthy bone mass, joints and keep your muscles strong as you age.

Promoting good physical health links strongly with maintaining your emotional health and mental wellbeing.



The Brain:

The brain (your mind) is the central hub of all your thoughts, feelings and emotions.

- Physical activity causes your brain to receive an increased blood flow which makes it function better.
- Physical activity promotes the growth of new brain cells which helps learning and memory/retention.
- Regular physical activity improves your decision making and self-control. It also improves your sensory perception (seeing and hearing) and increases your spatial awareness.
- 'Feel good hormones' (*endorphins, serotonin and dopamine*) are released when you are involved in physical activity. They make you feel good in yourself and help with mood control. After physical activity you tend to feel more focused, relaxed and relieved of stress. All these effects help with your overall wellbeing and emotional health.

Motivation for physical activity



Benefits:

- Boosts your energy levels so you can get more done in your day. Having more energy to socialise and to be involved with different opportunities.
- Promotes a positive attitude and outlook.
- Increases enthusiasm and optimism.
- Improves your self-image and self-confidence.
- Boosts your overall mood
- Better quality of sleep
- Provides fun ways to spend time with family, friends and pets.
- Helps you spend more time outdoors or in your community
- In the Classroom – helps you to be more focused, have better attention and be more alert. Studies have found exam results/grades are improved for those who are involved in more physical activity.



Reduces health risks by:

- Improving blood circulation, which reduces the risk of heart disease
- Keeping weight under control
- Helping you maintain levels of good cholesterol
- Helping manage your blood pressure
- Acting as a counter to anxiety and depression
- Reducing risk of stroke by 20 percent in moderately active people and by 27 percent in those who are highly active
- Helping delay or preventing chronic illnesses and diseases associated with aging and maintains quality of life and independence



Physical activity for children and young people

(5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive



Supported by
States of Guernsey



The Benefits of Physical Activity on Emotional Health and Wellbeing



Reduces Stress Levels



Increased Energy Levels



Improved Confidence



Reduced Depression & Anxiety



Improved Mood



Boost Brain Power & Function



Improved self-esteem



Improved Sleep



Promotes Positive Attitude & Outlook

