













Grid of happiness

Before mark with a  After mark with 

Name	Happiness Rating 1 = very unhappy 5 =very happy						
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	



What links these sports stars?



Dame Kelly Holmes



Monty Panesar



Sir Jonny Wilkinson



Danny Rose



Tyson Fury

https://www.youtube.com/watch?time_continue=2&v=4fG2g737A-Y&feature=emb_logo

So why are sports people able to cope better with their mental health issues?

ENDORPHINES



The happy hormone

ENDORPHINS

The happy fitness drug you can **never have too much of.**

- Endorphins are released by the pituitary gland when you exercise and have a similar effect on the body as some drugs, like morphine. This is sometimes known as 'runners high', giving people a positive and energised outlook on life.
- Recent brain research found that in caveman times survival depended on being able to chase down food, or [run away from it!](#)
- This desire to live meant that they had to run fast and the brain chemicals released may have helped them achieve the speed and distances needed. This 'high' may also have helped to mask any pain and allow them to keep going for longer – much like it does now.
- The good thing about this 'drug' is that it is not something you can become dangerously addicted to, it is a true 'natural high', and you can get it when you need it simply by getting some exercise.





Exercise and a healthy mind

- Exercise can help many conditions – depression, anxiety, stress, ADHD and PTSD/trauma
- Taking regular exercise can relieve tension and boost physical and mental energy. It can also help improve your feelings of calmness and well-being. It can also serve as a distraction, and take your mind off your worries.
- Other benefits include improved memory, better sleep, improved self-esteem, more energy and more resilience.
- All you need is 30 (1x30, 2x15 or 3x10) minutes of moderate exercise, 5x a week. Moderate exercise makes you breathe a bit heavier, feel a bit warmer.
- How can **you** fit this in to **your** normal week?



What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking 	gardening 	hiking 	dancing 
cycling 	active recreation 	swimming 	

Diet and a healthy mind

People with mental health issues eat far fewer healthy foods and more unhealthy foods than people with no mental health issues

Less than 50% of people with mental health issues have fresh fruit and vegetables every day



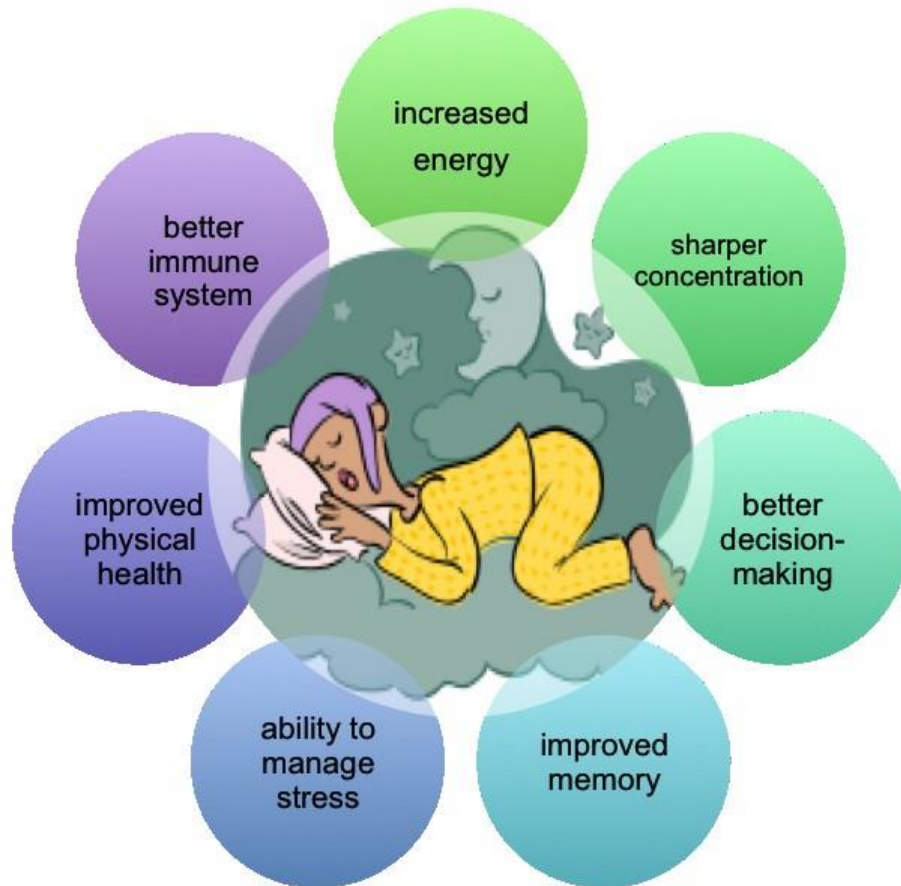
What one change will you make to your diet to improve your mood?

- The food you eat can have an effect on your mood and certain mental health conditions like depression.
- A good diet can give you **positive feelings**, **clearer thinking**, **more energy** and a **calmer mood**.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/>



Sleep and a healthy mind



- How many of you get the recommended 8-10 hours sleep a night?
- It doesn't just affect mental health – a recent study showed that teenagers who regularly had less than 7 hours a night had more sickness and absence from school.

If you have a sleep problem you may...

- have negative thoughts, feel depressed or anxious – if you have little sleep you may feel less able to rationalise worries or irrational thoughts
- feel lonely or isolated – if you feel tired you may not want to be sociable or see friends
- experience psychotic episodes – if you have a psychotic disorder or bipolar disorder, a lack of sleep may trigger mania, psychosis or paranoia, or make existing symptoms worse

For me sleep problems are a tell-tale sign of declining mental health. The worse I sleep, the less I feel able to cope during the day. The less I am coping, the worse I seem to sleep.

Sleep and a healthy mind



- Establish a routine
- Relax before you go to bed
- Make sure where you sleep is comfortable
- Keep a sleep diary
- Try to resolve stresses and worries
- Give yourself some tech-free time
- Check for a physical cause
- Consider food, drink and exercise
- Consider your medication
- Ask about treatment options

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Relaxation

- Relaxation can help you when you are feeling stressed or worried.
- You can use relaxation techniques regularly, or every once in a while.
- Listen to [these](#) and have a think about whether you could use any of them to help you relax from time to time.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Personal Action Plan I will improve my mental health by:	Personal Action Plan I will improve my mental health by:	Personal Action Plan I will improve my mental health by:
Exercise:	Exercise:	Exercise:
Diet:	Diet:	Diet:
Sleep:	Sleep:	Sleep:
Relaxation:		

Personal Action Plan I will improve my mental health by:	Personal Action Plan I will improve my mental health by:	Personal Action Plan I will improve my mental health by:
Exercise:	Exercise:	Exercise:
Diet:	Diet:	Diet:
Sleep:	Sleep:	Sleep:
Relaxation:		