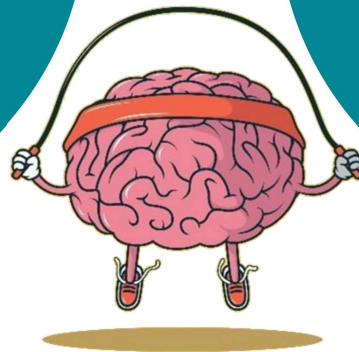


Our emotional, psychological, and social well-being all influence our mental health. It has an effect on our thoughts, feelings, and behaviours. It also determines how we cope with stress, communicate with others, and make sound decisions. Mental health is important throughout life, from childhood and adolescence to adulthood.

The Difference between Physical health and Mental health

Physical health is defined as the normal functioning of the body. Representing one dimension of total well-being, it's about how your body grows, feels and moves, how you care for it, and what you put into it.



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Why is exercise so important for Mental Health?

- Physical activity promotes the release of endorphins, we get a natural high from moving because endorphins.
- Life is stressful with work, family, and friends; by going out you allow yourself some time to unwind and focus on yourself.
- Regular exercise can help manage not only mental health but chronic diseases.

Helpful ways to manage mental health

- Talk to friends.
- Exercise
- Meditation and mindfulness
- Prioritise yourself and your mental health.
- Accept change and realise things take time.
- Focus on positivity!
- Make sleep a priority

Mental health is a huge issue worldwide and the statistics prove it, everyone at some point in their life may have to deal with the struggles of mental health which is why more than ever mental health awareness is a