

# Quick tips on physical activity



## Short of time?

Try a brisk 10-minute walk twice a day to the office or school gates. Small increases in activity are easier to maintain and will give you a regular sense of success.

## Do something you enjoy

It could be dancing around the kitchen, a ball game or dog walking – anything. If you find it fun, you are more likely to want to keep doing it.

## Explore the outdoors

Outside activities like cycling or gardening can improve your wellbeing, and give you a sense of grounding and perspective.

## Pace yourself

Build up gradually. Too much exercise can make stress worse or cause injury. If it motivates you, set challenging but achievable goals.

## Racing thoughts?

Solo sports like running or swimming can help you get some time to yourself to think things over, away from everyday stresses.

## Want to clear your head?

Concentrating on playing a team sport or competitive game, such as football or tennis, can help turn your focus away from your worries. And it might not even feel like exercise.

## Think positively

Celebrate any progress you make, however small.

## Can't get going?

Try joining a club or class. Other people can help you get motivated and it's a great way to meet new people. Or, if you want to, take a friend with you for support.

For more information visit [mind.org.uk/physicalactivity](http://mind.org.uk/physicalactivity)

Mind Infoline: 0300 123 3393 or text: 86463