



Moving more for our mental health

Mental Health Awareness Week 13–19 May 2024

Our work environment can make us sedentary

The average person sits for 9 hours a day¹



36% of adults find it challenging to find the time for physical activity²

~40% of office workers spend less than 30 minutes a day moving around at work³

How can we boost our mental health by moving?

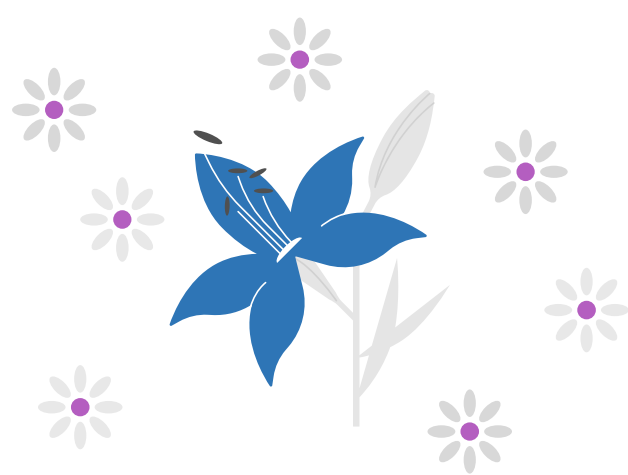
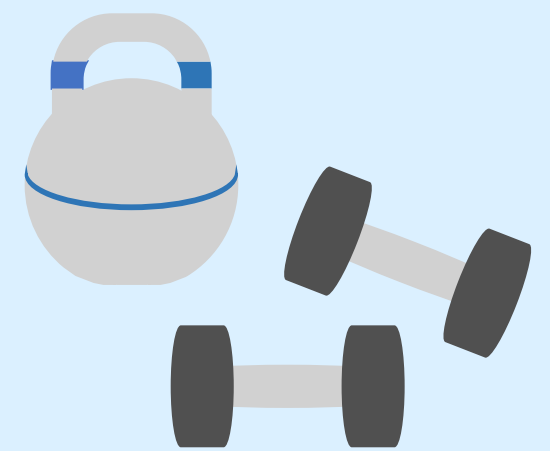


Take a break from sitting

Set a timer to remind you to take regular breaks and move around.^{4,5} You could try standing up for phone calls, having informal discussions on the move, and taking breaks in a different room.⁶ How about trying a standing desk or even sitting on an exercise ball?

Try a mini-workout

For an energising coffee break (or after a long conference call!) how about a 10-minute strengthen and stretch? There is lots of inspiration online, including ideas from the American Heart Association⁶ and the British Heart Foundation⁷

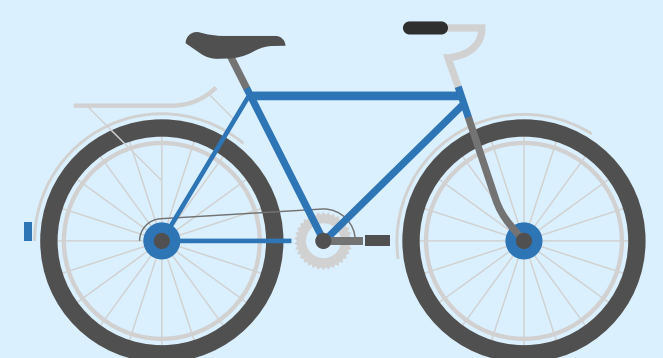


Experience nature

Moving in an outdoor environment may have greater positive effects on our wellbeing compared to doing activity indoors. How about a lunchtime trip outside in the countryside or the park?⁴ You could even try walking or cycling to work.

Make lunchtimes active!

It can be tough to make time to pause at lunch, but it could be a fantastic opportunity to get out and move.



Connect with others

Social connections are great for mental health and wellbeing⁴ Could you make catch-ups with friends and colleagues more active? Maybe there are groups and activities taking place in your area that you could join.⁴ Don't be afraid to try something new!

Get more tips and advice at mentalhealth.org.uk/mhaw

1. NHS, why we should sit less. Available at: <https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/>; 2. Opinium Research; 3. British Heart Foundation, Office workers fear sitting too long could be impacting their health. Available at: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2015/march/on-your-feet-britain>; 4. Mental Health Foundation, Boost your mental health by moving more. Available at: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/boost-your-mental-health-moving-more>; 5. British Heart Foundation, Are you sitting too much? Available at: <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/sitting-down>; 6. American Heart Association, Be more active during your work day. Available at: <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work>; 7. British Heart Foundation, Resistance Band Exercises. Available at: <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/resistance-bands>. © MedCommsTech | 2024



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