



Talk To 10 Session #9 - Managing Moods Through Movement

WHY FOCUS ON MOVEMENT?

When it comes to our physical health, we have long associated exercise with weight loss and control. Tonight, we shift the attention to USING our bodies in STRONG ways to influence our mental health.

Exercise improves:

- Our intuition
- Creativity [alpha waves for intuition, creativity, deep reflection]
- Assertiveness
- Social health and relationships
- Self-esteem
- Body image
- Enthusiasm for life

Overall, exercise is one fo the best ways to improve mood and increase happiness and life satisfaction. It doesn't just make you healthier - it is key to living the life you desire.

Exercise:

- Is the front-line treatment to anxiety, depression, mood disorders
- Has capacity to cut rates of depression by half
- Has a vital role in the prevention of these psychological problems
- Neurologically works as an anti-depressant
- Has a strong anti-inflammatory impact on the brain
- Lowers overall cancer rates, especially colon and breast cancer

STRATEGIES FOR MOVING WITH PURPOSE

Strategy #1: Make moving Meaningful.

Not just running, cycling and aerobic classes, BUT gardening, dancing to music and roller skating. Consider movement that has purpose to it.

Strategy #2: Think Movement - Think Mood.

Enter any movement with an open and inviting mindset. “This is fun, this helps with my mood, this will help me become stronger, this will help me think better, this is time for me and my mind...”

Strategy #3: Follow the FITT Principle:

Frequency -	How often will I move [minimum 3 x week / half hour]
Intensity -	How hard will I move [heart-rate above 120 b/pm average]
Type -	What will I do? [vary the activities to keep it interesting]
Time -	How long? [decide on time before you start]

[Coronavirus Mental Wellbeing Support Line](#) 1800 512 348
[headspace](#) 1800 650 890
[Lifeline](#) 13 11 14
[Kids Helpline](#) 1800 55 1800
National Alcohol and Other Drug Hotline 1800 250 015
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