

# Mental Health 101

## Did you know...

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- **Mental health isn't just avoiding serious mental illness.**
- **Our mental health is affected by many things in our daily life, including the stress of balancing work or other obligations with your health and relationships.**
- **It's important for us all to find ways to stay mentally fit and healthy.**

# How EXERCISE helps with *Depression*

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- Research shows even moderate exercise can have a profound impact on your mental health.
- Exercise can improve symptoms of depression by lowering your feelings of sadness and loneliness.
- Exercise helps reduce feelings of fatigue, and helps you sleep better.
- Exercise reduces day-to-day stress.

# How EXERCISE help?

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- **Physiological:** Exercise makes your body release chemicals that elevate your mood.
- **Psychological:** Exercise makes you feel stronger and more confident.
- **Social:** Exercise gets you out and about! It's a great way to meet and interact with friends and neighbours!
- **Neurological:** Exercise gets oxygen to your brain and can improve thinking and memory.

# What can I do???

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- Go for a walk
- Park far away from the building your entering
- Take the stairs instead of the elevator
- Rent snow shoes and give them a try
- Take in a *Richmond Recreation* Program
  - Yoga, Tai Chi, Scottish Dancing, Seniors' Fitness, Shiny Hockey, Pickle Ball, Volleyball, Badminton, Floor Hockey