

# Being active is important for your Depression

What good things could being more active do for you?



Improves sleep



Improves self confidence



Improves mood



Reduces social isolation



Less fatigue



Improves cognition



Improves motivation



Moderates appetite



Reduces need for medication in mild depression

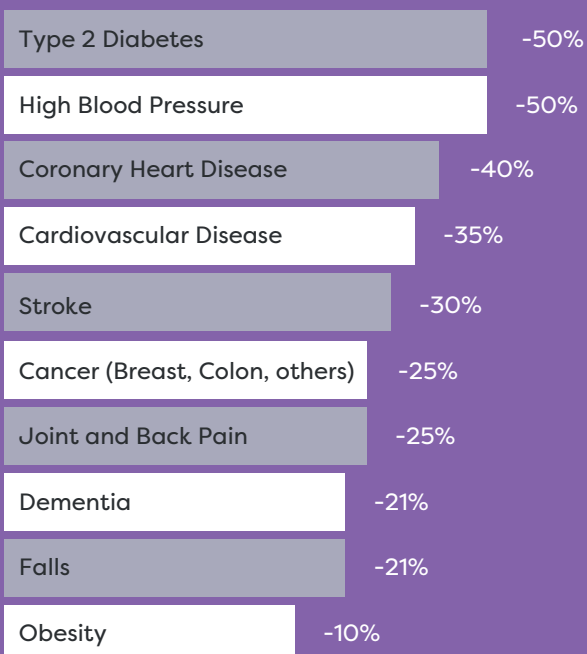


Reduces stress levels and agitation



Reduces sickness absence

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active reduce the risks?



Improves daily routine



Better sleep

Less fatigue

Improves motivation

Increased social interaction

## Follow these Top Tips to keep you active:

- 1 Start with small 10 minute bursts
- 2 Be more active on your better days
- 3 Every little bit helps.
- 4 Progress by increasing duration (length of time) first then intensity (the amount of exertion you feel), and if possible frequency of activity.
- 5 If new to activity start gently and build up gradually.
- 6 Incorporate activity into things you do in your daily routine.
- 7 Do activities you enjoy.
- 8 Doing activity with someone can help you to keep motivated.
- 9 Activity can be done in any environment, you do not need a gym.
- 10 Accept that relapse is ok and it is ok to start again.

## Build activity into everyday life:

