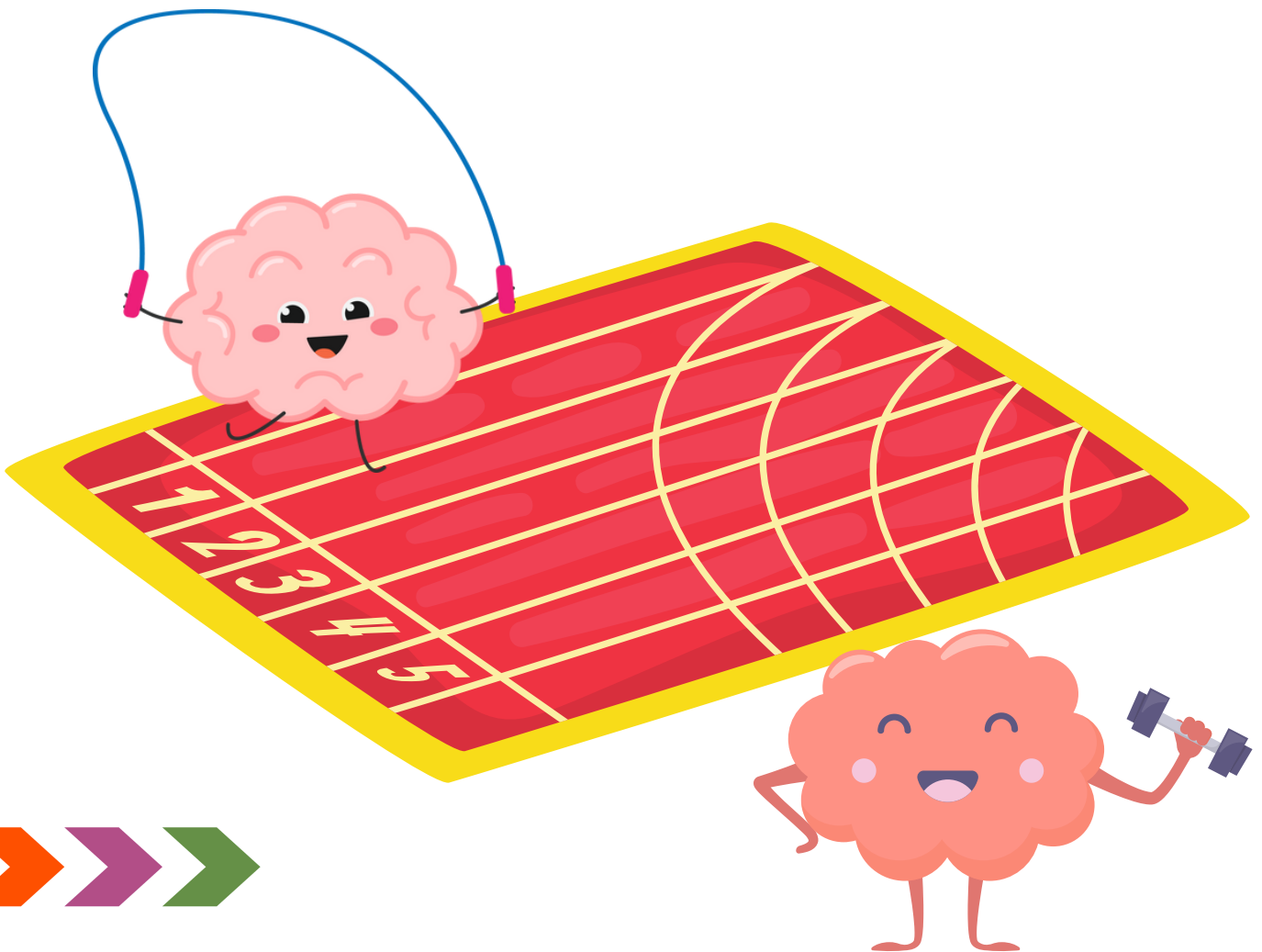




EXERCISE ACTIVITY WORKBOOK

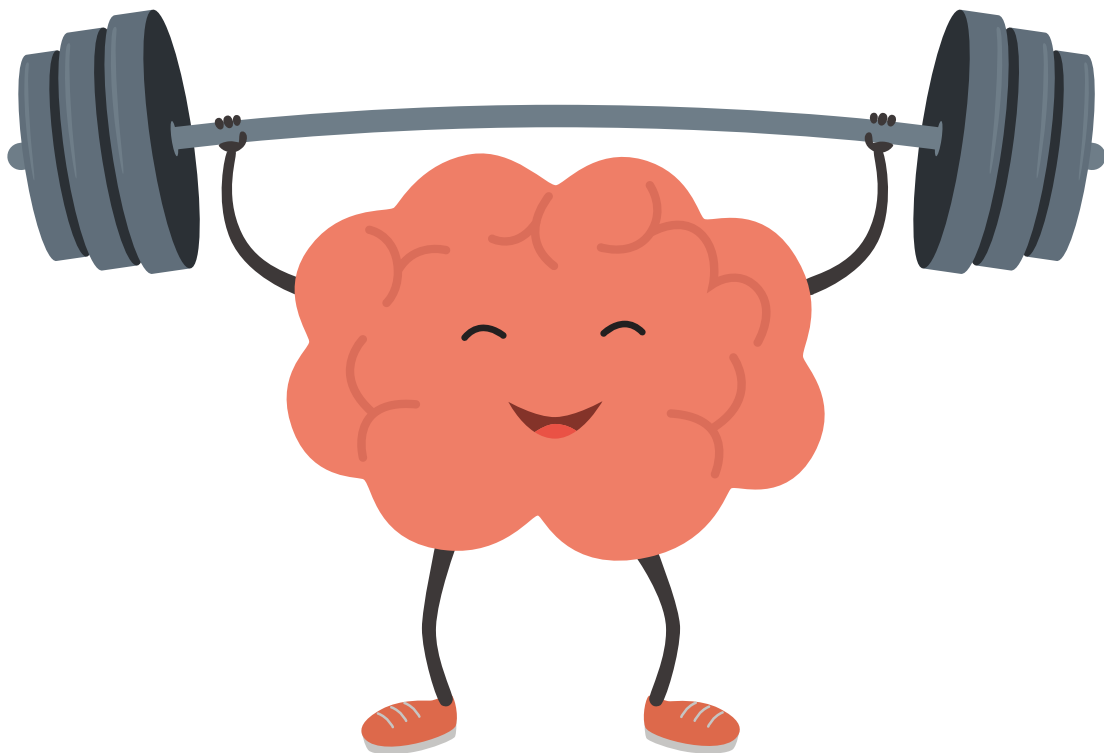
#maywemovetogether



How exercise helps mental health



- REDUCES ANXIETY
- REDUCES DEPRESSION & NEGATIVE MOOD
- NATURAL ENERGY SOURCE
- RELEASE TENSION
- A GOOD NIGHTS SLEEP
- A WELCOME DISTRACTION
- IMPROVES SELF-ESTEEM
- EXERCISE & ACHIEVEMENT
- TRAINS THE BRAIN - IMPROVES COGNITIVE FUNCTIONING
- OUTLET FOR FRUSTRATIONS
- AVOID ISOLATION



Compass





What are your goals?



eg, to feel happier
find a new hobby
do something fun with friends

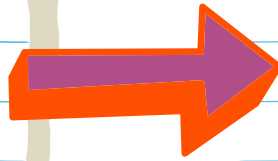


Compass

What day to day habits could you change to become more active?

what you do now active changes

Transport to school



Walk to school

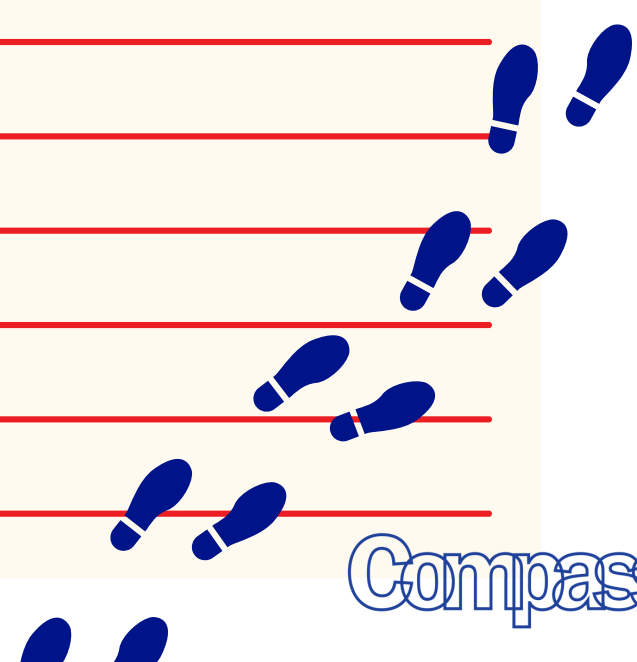


Compass



Activity ideas

walking my dog	Tennis
hoola hooping	Badminton
horse riding	cricket
skipping	kayaking
skateboarding	bowling
athletics	surfing
rollerskating	yoga
swimming	
paddleboarding	
running	
rugby	
dancing	
ice hockey	
hockey	
football	
hiking	
Bike ride	





ACTIVITY WISH LIST





How are you feeling before you start your challenge?

1 = very low, depressed, 10 = really happy, upbeat

physical



1 2 3 4 5 6 7 8 9 10

mental



1 2 3 4 5 6 7 8 9 10

emotional

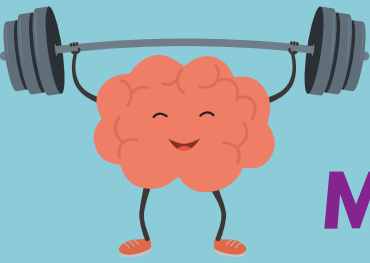


1 2 3 4 5 6 7 8 9 10

Example of how to fill in your tracker

WEEK NO: 1

MAY ACTIVITY TRACKER

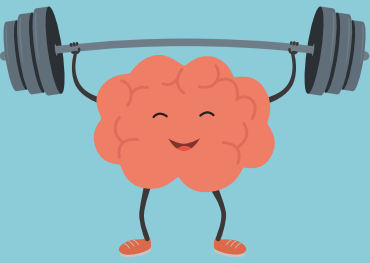


Activity	mon	tues	wed	thurs	fri	sat	sun
walk to school	✓	✓		✓	✓		
Dog walk	✓		✓			✓	✓
Rollerskating		✓				✓	

NOTES

I loved rollerskating, it made me feel really happy so it's going to be a new hobby.





MAY ACTIVITY TRACKER

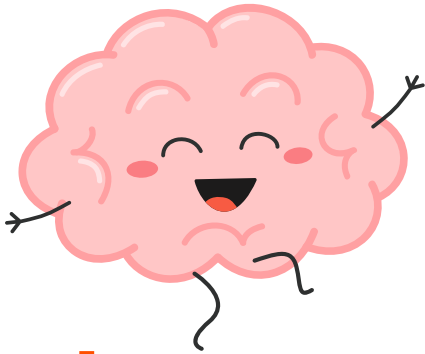
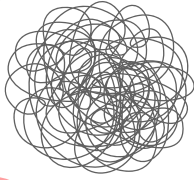
WEEK NO:

Activity	mon	tues	wed	thurs	fri	sat	sun

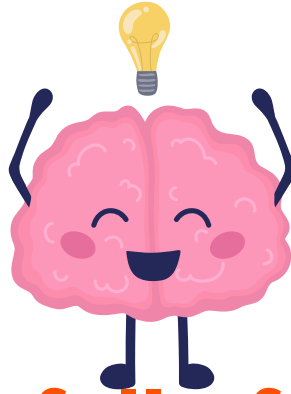
NOTES



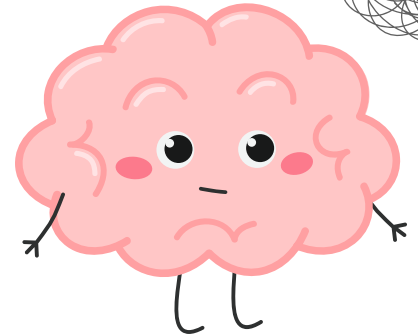
Different emotions you might commonly feel before and after doing exercise



happy



full of ideas



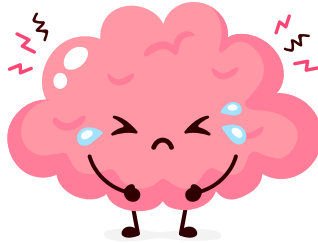
confused



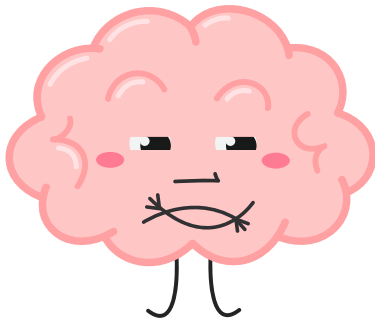
hungry



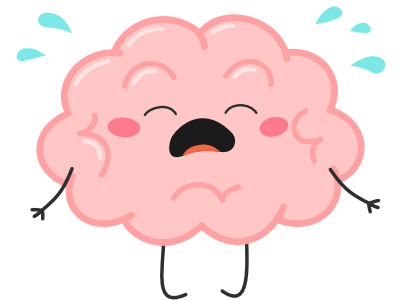
forgetful



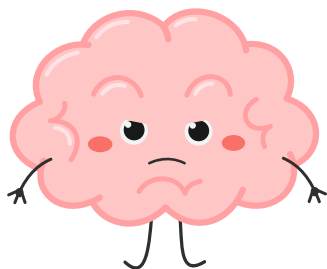
angry



smug



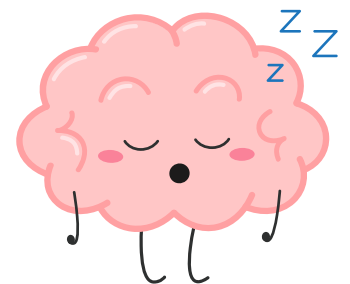
sad



annoyed



fit



tired

Activity feelings log

Your mood can be really affected by what you do, where you spend your time, and who you spend it with. Try to record your physical activities throughout the month (no matter how small) in the log below

ACHIEVEMENT 0 = didn't feel I achieved anything 10 = Massive achievement
Did you feel like you have accomplished something really good when taking part in the activity?

CLOSENESS 0 = didn't feel close to anyone 10 = Massive closeness, like best friends!
Did you feel like you got closer to a friend or family member when taking part in your activity?

ENJOYMENT 0 = didn't feel I enjoyed it 10 = Massive enjoyment
Did you feel happy and had fun when taking part in the activity?

Day, Date, Time	Activity- what I did, with who, and where	Achievement	Closeness	Enjoyment	Important?

Daily Mood rating:

0= Really low, depressed, 10= Really happy, upbeat

Mon	Tues	Weds	Thurs	Fri	Sat	Sun

How are you feeling after completing a month of being active?

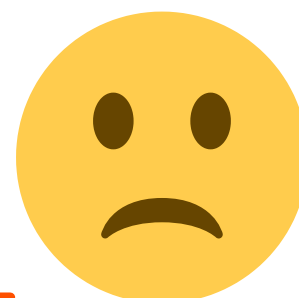
1 = very low, depressed, 10 = really happy, upbeat

PHYSICAL



1 2 3 4 5 6 7 8 9 10

MENTAL



1 2 3 4 5 6 7 8 9 10

EMOTIONAL



1 2 3 4 5 6 7 8 9 10



SUPPORT SERVICES

If you ever feel like you need mental health support here is a list of trusted organisation who offer free and confidential help

- Kooth - 08000 55555.
- Mind - 0300 123 3393
- HOPELINEUK- 0800 068 4141
- Shout Text Support - free 24/7 text support (85258)
- Young Minds: Text YM to 85258 (24/7)
- Samaritans tel: 116 123
- Childline tel: 0800 1111, www.childline.org.uk offers a free 24/7 phonenumber (0800 1111), web chat, and email support
- Papyrus (Hopeline UK) tel: 0800 068 4141
- FRANK tel: 0300 123 6600
- NHS—111 or 999
- CAMHS duty number (Mon to Fri 9-5) - 0300 123 9164, CAMHS 27/4—0800 028 0077. Call CAMHS Urgent Care 07901330724 (10am-10pm)



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@compass4health



compass-uk.org

