

The background is a solid blue color with a repeating pattern of various sports equipment in a lighter blue, line-art style. This includes basketballs, baseballs, tennis rackets, and boxing gloves. The equipment is scattered across the entire page.

OTR

***EXERCISE AND
WELLBEING
MAGAZINE***

WELCOME TO THE OTR EXERCISE AND WELLBEING MAGAZINE!

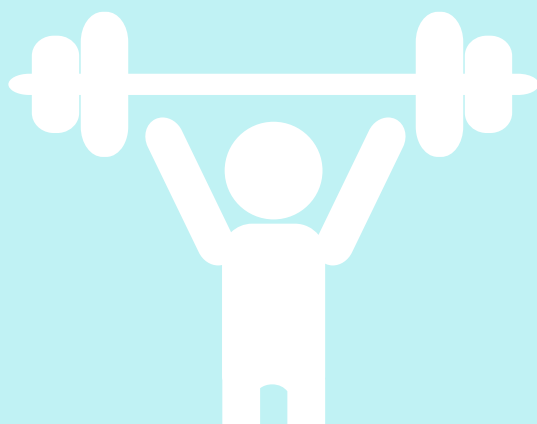
**AT TIMES WHEN WE ARE FEELING LOW, GOING BACK TO BASICS CAN
BE REALLY USEFUL. BEING IN CONTROL OF OUR SLEEP, DIET AND EXERCISE ARE VITAL TO
AID GOOD MENTAL HEALTH.**

**IN THIS MAGAZINE WE FOCUS ON THE IMPORTANCE OF EXERCISE AND
THE EFFECTS BEING ACTIVE CAN HAVE ON THE MIND AND BODY.**

**MANY TOPICS WILL BE EXPLORED SUCH AS HOW EXERCISE
BIOLOGICALLY IMPACTS US, KEY TIPS TO GET STARTED AND HOW EXERCISE CAN REDUCE
ANGER.**

**GETTING INTO A ROUTINE WITH EXERCISE WILL BENEFIT YOUR
MENTAL HEALTH TREMENDOUSLY! ULTIMATELY, TAKING CARE OF YOUR BODY, WILL HELP TO
TAKE CARE OF YOUR MIND.**

**SO READ ON TO SEE HOW YOU CAN HELP YOURSELF, AND PERHAPS INSPIRE
OTHERS ALONG THE WAY TOO!**



TIPS TO GET STARTED:



BE VOCAL ABOUT EXERCISING

Tell someone you are doing it and check in with them about how you're doing regularly. (However, just talking to yourself out loud about what you are doing and want to achieve can be just as useful!)

We get a sense of accomplishment by telling others what we've achieved and encouragement from those around us can help to get us going - when we're maybe feeling demotivated or low.

So have a chat with a family member or friend that can support you in the highs and lows.

MAKE REALISTIC GOALS

Make small goals to work towards- anything too big can be overwhelming and if you don't quite make it, it can make you feel less motivated.

Weekly targets are a good way to begin! Then these goals can be built up gradually over time.

Keeping a diary of this can be useful. It means you can look back and see how far you've come and your accomplishments!

REWARD YOURSELF

Getting into a routine with exercise can be difficult but by giving yourself a treat or reward afterwards can act as an incentive to start.

For example, you could have your favourite meal or something as simple as taking a nap!

This also builds a positive association between doing exercise and doing something rewarding after, so in turn making you more likely to want to get exercising in future.

...TIPS TO GET STARTED CONTINUED

CLOTHES=CONFIDENCE

Wearing clothes you feel comfortable and confident in can be empowering.. and feeling confident can affect how well you perform!

So investing in clothes that make you feel good could be worth it!

This could be baggy clothes, tight clothes, whatever you want, as long as it makes YOU feel good.

ACTIVITY-

Make a list of the first things you will do to prepare to get more active..take inspiration from the points above or come up with your own- this list will be different for everyone so no answer is wrong!

MUSIC MOTIVATION



If you struggle to get motivated, picking or creating a music playlist is so useful in getting you ready to do something physical.

If the type of music correlates to the type of exercise, this can really help to get in the zone.

E.g an upbeat, fast tempo playlist is good for high intensity workouts! A more relaxing and calming sound can be better for more chilled activities like yoga.

MY LIST OF WAYS TO GET STARTED:

BIOLOGICAL STUFF




Did you know exercise can have a powerful affect on our body and brain!

Exercise can increase the growth of brain cells, improve memory function and general brain function! (Helpful if you are in education perhaps to remember those key facts for exams)!

When you exercise your brain releases chemicals such as dopamine and endorphins, which are key in what makes us feel happy!


Also, it reduces stress levels - as it reduces stress hormones such as cortisol!

Below are some facts about how doing regular exercise can impact our bodies!




Exercise can lower risk of lots of things that we really don't want to develop in the future- such as heart disease and strokes- as we're strengthening the heart by getting moving!

Inactivity is described by the Department of Health as 'a silent killer'! So get moving when you can!
Overall proven to be a great way of maintaining a healthy body and mind!



It can also reduce risk of type 2 diabetes and cancer by up to 50% and lower risk of early death by up to 30%!



It can boost self-esteem, mood, sleep quality, energy and reduce risk of stress, depression, and dementia!

ACTIVITY-

Can you think of any other ways exercise can help you, physically or mentally? Once you've identified them, have a think.. is this something you would like to benefit from.. if so, go back to page 1 to see where to start!

BENEFITS OF SPECIFIC SPORTS -SOLO AND TEAM!



Let's look at how specific sports can aid your physical and mental health:

TEAM SPORT

Being part of a team can:

- Be helpful in providing you with positive experiences just by being around others with similar interests to you! For example, getting some friends together to go for a walk, play rounders, football! This provides social interaction which is a big part of what we need to keep healthy!
- Also, a great way to improve leadership skills if you wish by taking role of captain perhaps, or even leading warm ups! This gives you the opportunity to find out what makes a good team leader- including life skills that go with it!

SOLO SPORT

Can allow you to:

- Become disciplined, performance is solely down to you so self resilience can be developed.
- Being able to learn how to self motivate. This is a great skill that can be transferable to other areas of life (work, school etc).
- Boost confidence and esteem by attaining successful solo goals.
- Try new challenges such as going for a run, going to the gym on your own or higher level sports like tae-kwon-do.



ACTIVITY

Can you think of any sports you do or would like to do and how they help you personally- list 5 good things about how it helps physically or mentally, writing these things down really helps to put into perspective how useful it can be as a strategy of looking after our physical/mental wellbeing.

...HERE ARE SOME NEARBY SERVICES THAT INVOLVE MENTAL HEALTH WITH EXERCISE:

1

EVERYONE ACTIVE REFERRAL SCHEME- AIMED AT HELPING PEOPLE BECOME HEALTHIER THROUGH A 12 WEEK SCHEME,

3

WORKOUT BRISTOL-AN INDEPENDENT FAMILY RUN BUSINESS THAT EMPHASISES THE IMPACT BEING PHYSICAL CAN HAVE ON THE MIND- CAN JOIN GYM ,CLASSES, INFO ON NUTRITION TOO!

2

BRISTOL ACTIVE LIFE PROJECT- FOR ALL AGES TO PLAY SPORT TOGETHER, USUALLY FROM A REFERRAL FROM GP FOR PEOPLE THAT HAVE LONG TERM MENTAL HEALTH PROBLEMS

4

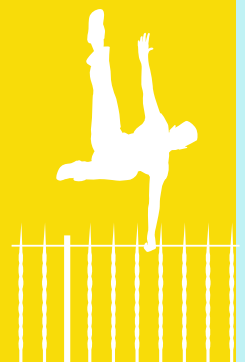
WESPORT- SPORTING CHARITY WITH CAMPAIGN MESSAGE 'EVERY MIND MATTERS' TO HELP MANAGE PHYSICAL AND MENTAL HEALTH- LOTS OF VIRTUAL ACTIVITIES ON HERE!

WE OFFER PARKOUR SESSIONS TOO!

OUR PARKOUR SESSIONS WITH FREE YOUR INSTINCT COVER TOPICS SUCH AS OVERCOMING OBSTACLES, OVERCOMING FEARS, RECONNECTING, SLEEP AND ANGER.

WE'RE EXCITED TO OFFER THIS PARKOUR PROJECT IN COLLABORATION WITH A GREAT LOCAL ORGANISATION CALLED FREE YOUR INSTINCT, WHO USE PARKOUR TO SUPPORT PEOPLE WITH THEIR MENTAL HEALTH. SIGN UP AT..

OTRBRISTOL.ORG.UK/PARKOUR



ANGER AND FRUSTRATION- HOW CAN EXERCISE HELP?



Working out can be a great way to release pent up energy and channel any negative tension before it explodes! Getting that rage out in healthy ways is really important and doing different exercises can make you feel calmer and less stressed. Here are some things you could try:

H.I.I.T (High intensity interval training)

Quick and pumps good hormones around! Lots of moving and getting out of breath, by end of it due to surge of endorphins you should feel a difference!



SPORTS LIKE FOOTBALL, TENNIS BOXING...

Basically, any sport that involves hitting, kicking etc, in a controlled manor is great! It also teaches discipline and self control which are vital when getting out our anger in a healthy way.



YOGA, PILATES & MEDITATION


Some find being physical gets them to a cooler calm although actively trying to slow down breathing allows you to regain some control and through deep breathing and movement to release negative energy can also work too!



MAKE IT REGULAR

Doing something physical every day or regularly keeps anger and stress levels at bay so they don't boil over!

Since we are restricted at the moment, now could be a good time to start and make the most of more free time! It will help to not only get out some energy but also clear your head from work, school, other stresses in life. So get outdoors when you can!



YOU DON'T HAVE TO DO MUCH TO IMPROVE WELLBEING!

Walking is a great mood booster and is overlooked as an effective exercise, but a brisk walk is great for helping our health. It's accessible for anyone and is free but perhaps can be a little boring...

Maybe take a friend and have a natter, listen to some music or a podcast! The time will fly by and you would've (literally) made the first steps to become healthier both physically and mentally, if this is something you can do regularly!

THINGS TO CONSIDER:

where- local? Research walks further away?

What you wear- comfy clothes, waterproof?

Footwear- important, we don't want to get injured!

Water/snacks for long walk.

Charged phone.

Motivating playlist/podcast?

Company - friend, family, pet?

BUT...

If walking is a little too impactful on joints or just isn't for you, why not try something like swimming or cycling!

Getting moving in anyway contributes to improving your overall wellbeing so give different things a go to see what works best for you. It's unlikely you will find what's the best exercise for you on the first attempt so allow yourself time to try different kinds of exercise!

ACTIVITY

List 5 ways in which you can include more walking into your daily routine..

Hint- the easiest way is to make it a habit and part of a regular routine..so could you walk to school, shop, work, going to meet friends etc!

YOUR RELATIONSHIP WITH EXERCISE.

Exercising and being physical can be great, however sometimes our habits may actually become unhealthy without us realising!

Recognising these signs are crucial to ensure we are maintaining healthy relationships with exercise. Here are 5 signs that suggest it might be becoming bad for us/detrimental to our health!

1

Happiness comes purely from whether you've worked out that day- how 'successful' or 'productive' your day has been revolves just around exercise.

2

You keep pushing yourself even when you ache from previous workouts or when ill- Rest days are just as important, without them, injury can occur.

3

Life starts to revolve around exercise e.g you miss social events, isolate yourself or change plans.

4

Punishing yourself if you feel you've had an off day with not exercising/not eating how you'd like- results in overexercising and anxiety.

5

You start to lie to others about how much you are exercising- perhaps suggesting deep down we know we might be doing too much!



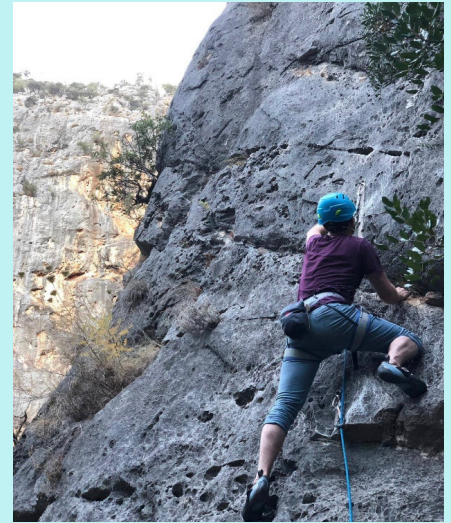
***JOURNAL PAGE- TRACK YOUR EXERCISE AND MOOD
HERE:***

<i>DATE</i>	<i>EXERCISE</i>	<i>MOOD/HOW I FELT BEFORE AND AFTER</i>

LASTLY, HERE ARE SOME PHOTOS OF OUR OTR STAFF GETTING ACTIVE!

TOM- SPORTS WORKS PROJECT COORDINATOR

"When I'm climbing I don't think about anything else, I get to discharge all my stress through physical movement, it's really social and a great mix of mindful and physically hard work"



SHEREENA- PEER REPRESENTATIVE (AND CREATOR OF THIS MAGAZINE)!



"Playing football gives me a healthy way of releasing stress - by channelling any negative emotions into something more physical. It makes my mind feel less cluttered and a lot more in control afterwards "



MASSIMO-WELLBEING PRACTITIONER

"Doing a bit of Pilates a couple of times a week really help stretching and relaxing the body. It's really good to strengthen the core muscles and to keep the energy within flowing!!"

..EXERCISE PHOTOS CONTINUED

LEWIS- PEER REPRESENTATIVE

"Walking my dog Oscar and just walking in general is such a simple way to keep active and get myself out the house. You don't have to rely on any expensive equipment or a team of people you can just get up and go!"



NAOMI- PEER REPRESENTATIVE

"I started rollerblading because I wanted a new hobby for 2021 and have become addicted to it! It makes me feel so free and really helps clear my head. It's also a great way to let go and relax."



THANKS FOR READING!

***THIS BOOKLET WAS MADE BY OTR BRISTOL,
A MENTAL HEALTH SOCIAL MOVEMENT BY AND
FOR YOUNG PEOPLE AGED 11-25 IN BRISTOL
AND SOUTH GLOS.***

***FOR MORE INFORMATION ON WHAT WE DO GO TO
[OTRBRISTOL.ORG.UK/WHAT-WE-DO](https://otrbristol.org.uk/what-we-do).
YOU CAN ALSO CALL US FOR FREE ON
0808 808 9120 (MON-FRI, 2-5PM).***

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