

NAVIGATE YOUR MENTAL HEALTH TRAIL

WEEK THREE - GET MOVING

When you get moving you are looking after your physical health – but did you know you are also looking after your mental health too? Movement and exercise are great to help feelings of anxiety and depression as they naturally help you relax and boost your mood through greater brain activity, energy and release feel good chemicals such as serotonin. What movement will you do this week?



Day 15 - Let's Dance – find an online tutorial, hold a dance off with household members – or just dance by yourself around the kitchen! You can also join the **[Unstoppable.org](https://www.unstoppable.org)** movement and share your moves!



Day 16 - Try something new – try a new exercise or movement activity today, variety in the way we move helps keep us motivated and enjoying exercise is key to continuing it.



Day 17 – Have a laugh – good for the body and mind! Have a good laugh – watch a comedy show, funny movie or play some fun games with friends, be silly with the kids and share a joke or two.

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Day 18 - Go for a walk – walking is a great source of movement for all levels of fitness, and great to do with members of your household. Check out canberratracks.act.gov.au and walkcanberra.com to find a new route in your local area.

(Walking can be adapted based on your mobility, find a way to get out on the trail that best suits you.)



Day 19 - Restore – activities like yoga or taichi are good for movement and mindfulness, they help restore your body, and calm a busy mind.



Day 20 - Have an early night – a good night's sleep is really important for your mental health and wellbeing.



Day 21 - Take some Rest – part of moving is knowing when, and how to rest. This is true for life too. Take time to recover and recoup. Take a bath, get a massage or start a daily mindfulness routine - there are some great mindfulness apps such as: smilingmind.com.au