

Staff Wellbeing

Exercise and Wellbeing

Often, we associate exercise with losing weight or as a way to punish ourselves for something we have eaten or indulged in. This connects feelings of guilt and shame with food and exercise, which is not beneficial to our physical or mental wellbeing.

We Can Change How We View Exercise

Exercise does not have to be associated with **losing** something. Instead, exercise can be about what you **gain**:

strength

confidence

self-esteem

pride

determination

self-respect

social support

success

...to name but a few!

Depression and other mental health conditions may improve with exercise. The control and empowerment that exercise provides can build a feeling of strength and purpose within an individual.



Through committing to a form of exercise that you **enjoy**, you can feel a sense of **belonging** associated with the exercise. Relatively quickly, you can experience **success** and **strength**, and achieve your goals. This result can lead to a feeling of **empowerment** and **control** over your own **physical health**, which in turn positively impacts your **mental health** and **wellbeing**.



Exercise to **gain** something rather than focusing on what you have **lost** because of it!

