

Physical Wellbeing



Ideas and support physical wellbeing

During the exam period revision and intense workloads can take over our young people but actually everything in moderation is what is needed for a healthy physical wellbeing. Therefore, the following are ideas and tips in order to support positive physical wellbeing...

- Walking - either to and from the exams or just taking a 20minute walk in the evening to clear the mind
- Continue your sport or physical activity that you normally do
- Take time with friends or family to complete your physical activity or exercise
- Listen to music whilst taking part in your physical activity or exercise
- Try to complete some sort of physical activity outdoors

What are the health benefits?

As well as health implications on our bodies such as reduced risk of heart disease, healthier organs and bones, and maintaining healthier weight. There are key facts about maintaining an active lifestyle which will support our young people during the exam period and beyond...

- More energy - as your body adapts to increased activity levels you get a natural energy boost, which can make you feel less tired.
- Improved sleep - able to sleep better at night after having been more active during the day.
- Increases your body's tolerance to stress - as we become fitter, our bodies can better regulate our cortisol levels. Cortisol is a 'stress hormone' that our bodies release in response to anxiety.
- Clearer thinking - exercise helps to break up racing thoughts
- A greater sense of calm - simply taking time out to exercise can give you space to think things over and your mind feel calmer



Which activity is best for me?

Here are a list of physical activities and their advantages...

- ⇒ Yoga - relaxing, improves posture and breathing techniques
- ⇒ Gardening - relaxing, use of the outdoors and can be done in a group or alone
- ⇒ Walking - free, relaxing, being outdoors in nature can help lift your mood and can be done in a group or alone
- ⇒ Water-based activities - therapeutic and can encourage better sleep
- ⇒ Exercise to music - can be done with friends and uplifting to boost the mood
- ⇒ Team sports - Being around others allows you to feel supported and helps forget the stresses of workload

