

Get moving

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

Exercise is extremely important to support a healthy mood and body.

Physical activity is a wonderful way to support optimal mental health and performance. Studies have shown that exercise can improve symptoms in people with anxiety and/or stress-related disorders.

Here are some tips to help you get moving:

- Go for a walk on your break
- Have a balanced routine of aerobic and muscle-strengthening activities
- Get outside to exercise, which is a natural mood booster
- Consider yoga, Tai Chi or Qi Gong, which are all fantastic for reducing stress
- Try online workouts from home
- Turning on music and dancing is a brilliant way to move and have fun
- Ask family and friends for motivation and encouragement if needed
- Incorporate exercise into your morning routine so you can feel the benefits in your mood and performance throughout the day

Talk to your GP about recommendations specific to you.

