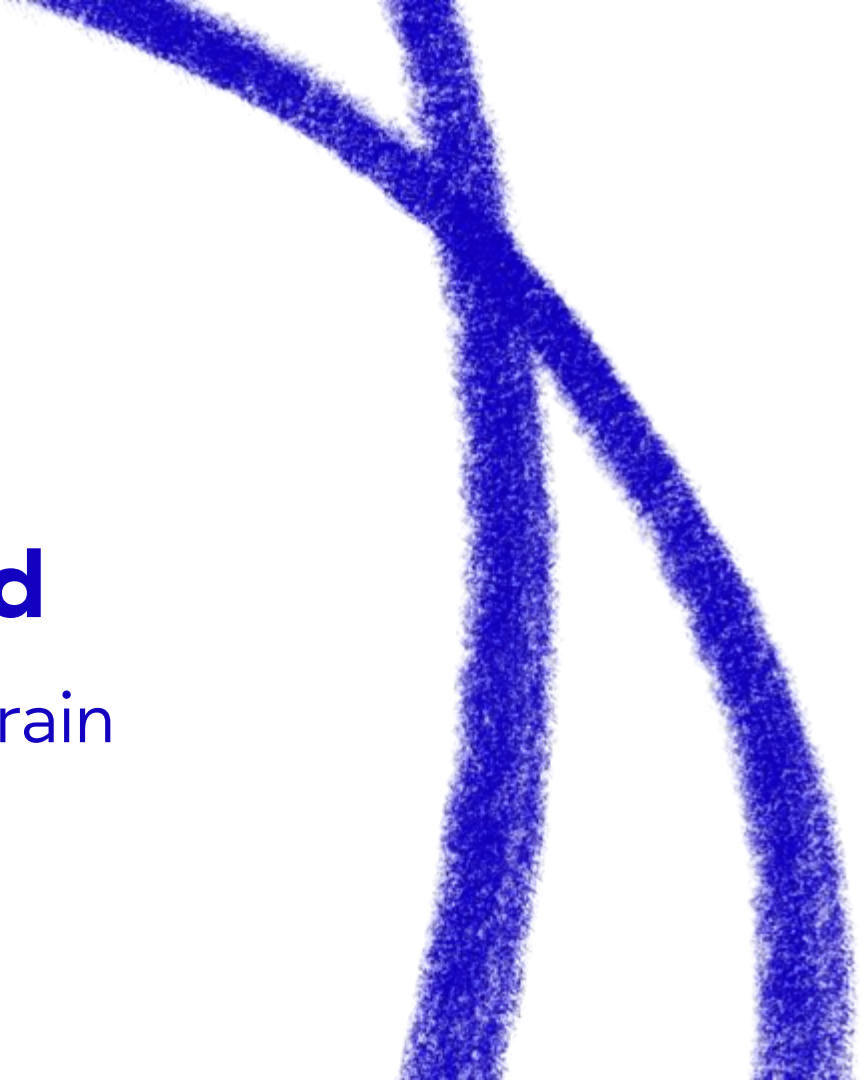


# Moving for the Mind

Simon Taylor and Louisa Strain

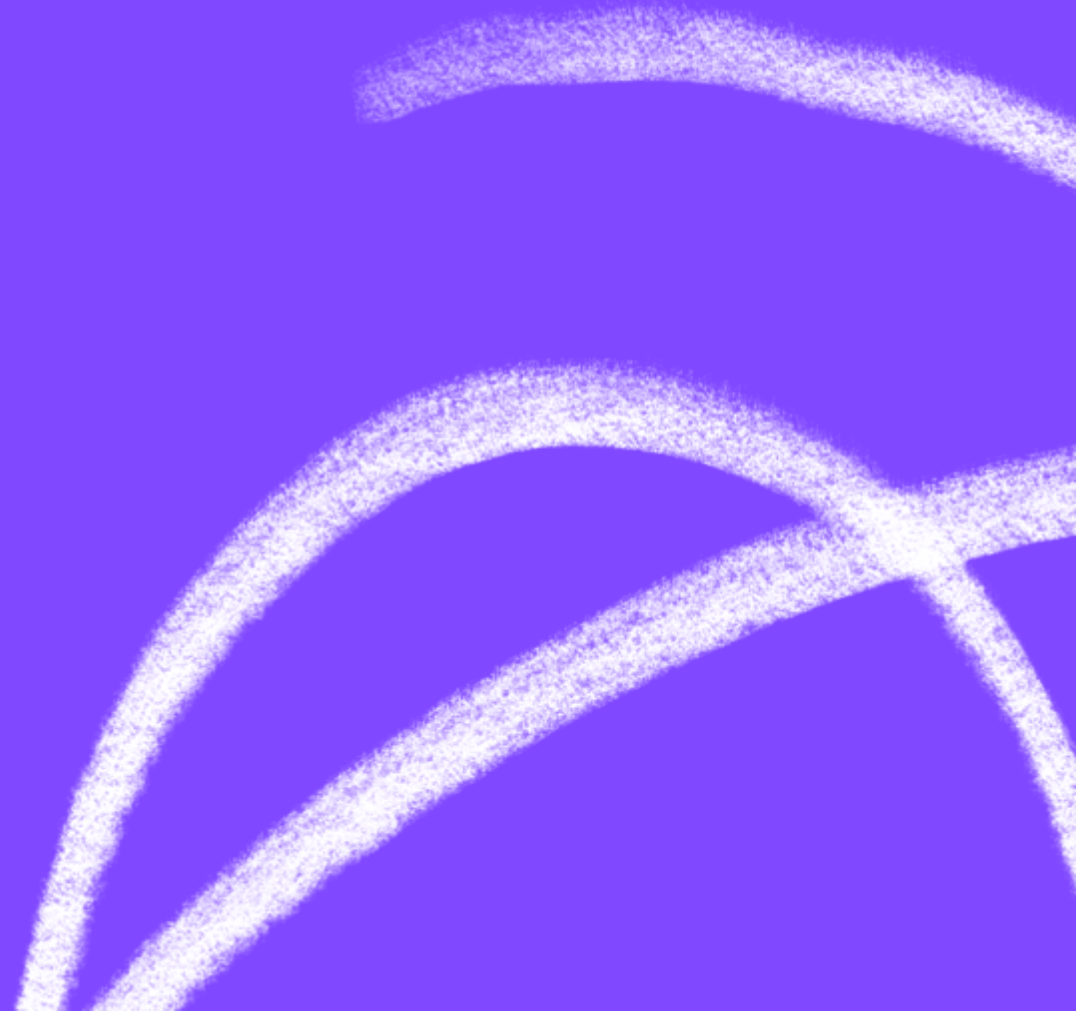


# Aims of today

- Understand the impact of exercise on brain physiology and mental health
- Understand what how much and what types of exercise can benefit your mental health
- Understand how you can implement new exercise habits
- Understand how organisation's can promote exercise

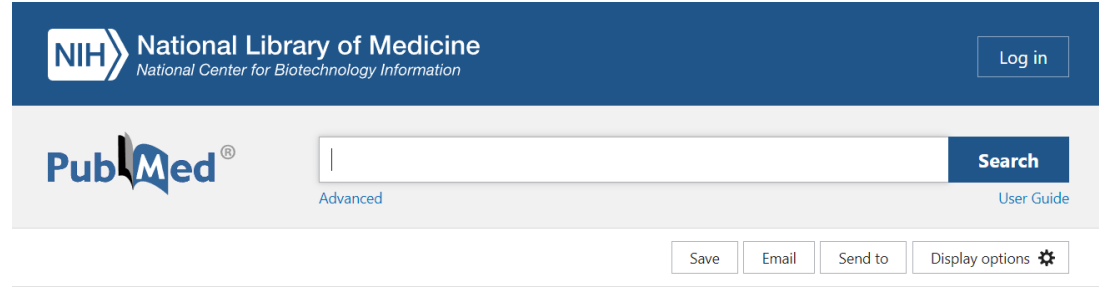


# The Science of Exercise for Mental Health



# The Impact of Exercise on Mental Health

- Reduced Anxiety
- Reduced Depression
- Reduced Low Mood



Meta-Analysis > BMJ. 2024 Feb 14;384:e075847. doi: 10.1136/bmj-2023-075847.

## Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials

Michael Noetel<sup>1</sup>, Taren Sanders<sup>2</sup>, Daniel Gallardo-Gómez<sup>3</sup>, Paul Taylor<sup>4</sup>, Borja Del Pozo Cruz<sup>5, 6</sup>, Daniel van den Hoek<sup>7</sup>, Jordan J Smith<sup>8</sup>, John Mahoney<sup>9</sup>, Jemima Spathis<sup>9</sup>, Mark Moresi<sup>4</sup>, Rebecca Pagano<sup>10</sup>, Lisa Pagano<sup>11</sup>, Roberta Vasconcellos<sup>2</sup>, Hugh Arnott<sup>2</sup>, Benjamin Varley<sup>12</sup>, Philip Parker<sup>13</sup>, Stuart Biddle<sup>14, 15</sup>, Chris Lonsdale<sup>13</sup>

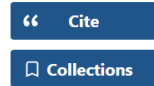
Affiliations + expand

PMID: 38355154 PMID: PMC10870815 DOI: 10.1136/bmj-2023-075847

FULL TEXT LINKS



ACTIONS



SHARE

*“Exercise is an effective treatment for depression, with walking or jogging, yoga, and strength training more effective than other exercises, particularly when intense.”*

# Why is Exercise good for your Mental Health?

## Possible Physiological Impacts

- Reduced inflammation
- Increase blood flow to the brain
- Increased dopamine and endorphins
- **Stress response (HPA axis) mediation**
- **Long-term physiological changes e.g. neuroplasticity**
- **Improved sleep**

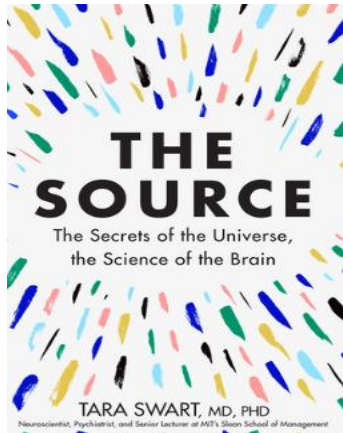
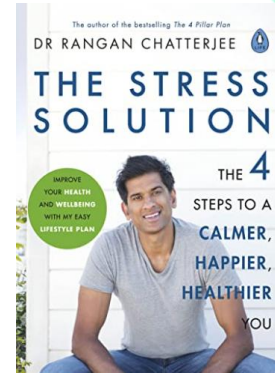
## Possible Psychological Impacts

- Sense of achievement
- Increased confidence and self-efficacy
- 'Flow' state
- Change of focus or scenery

# Why is Exercise good for your Mental Health?

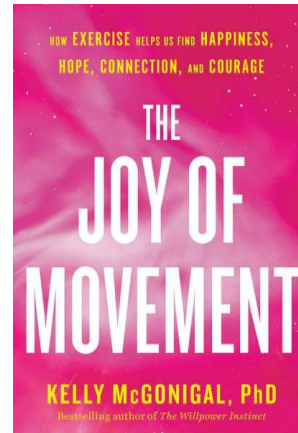
“Exercise is one of the best ways to pull yourself out of a damaging stress state that’s been caused by too many Micro Stress Doses”.

**Dr Rangan Chatterjee**



“Those who exercise have better higher brain functions like emotional regulation and flexible thinking, and are better able to quickly switch between tasks”.

**Dr Tara Swart**



“When you exercise, you provide a low-dose jolt to the brain’s reward centers.”

**Dr Kelly McGonigal**

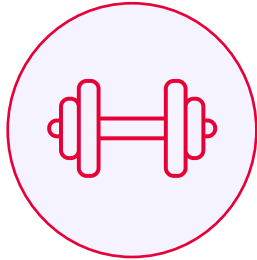
# What Works?



## Stretching

**Examples:** Yoga, Pilates

**Impact:** Aids relaxation, sleep, reduced anxiety



## Strength

**Examples:** Circuits, weightlifting

**Impact:** Increased confidence, reduced anxiety and depression



## Cardiovascular

**Examples:** Running, swimming, tennis

**Impact:** Reduced anxiety and depression, confidence

"Exercise showed moderate effects on depression compared with active controls, either alone or in combination with other established treatments (Noetel et al., 2024)"

# What Can I Do?

*“Some is better than nothing, more is better than some”*

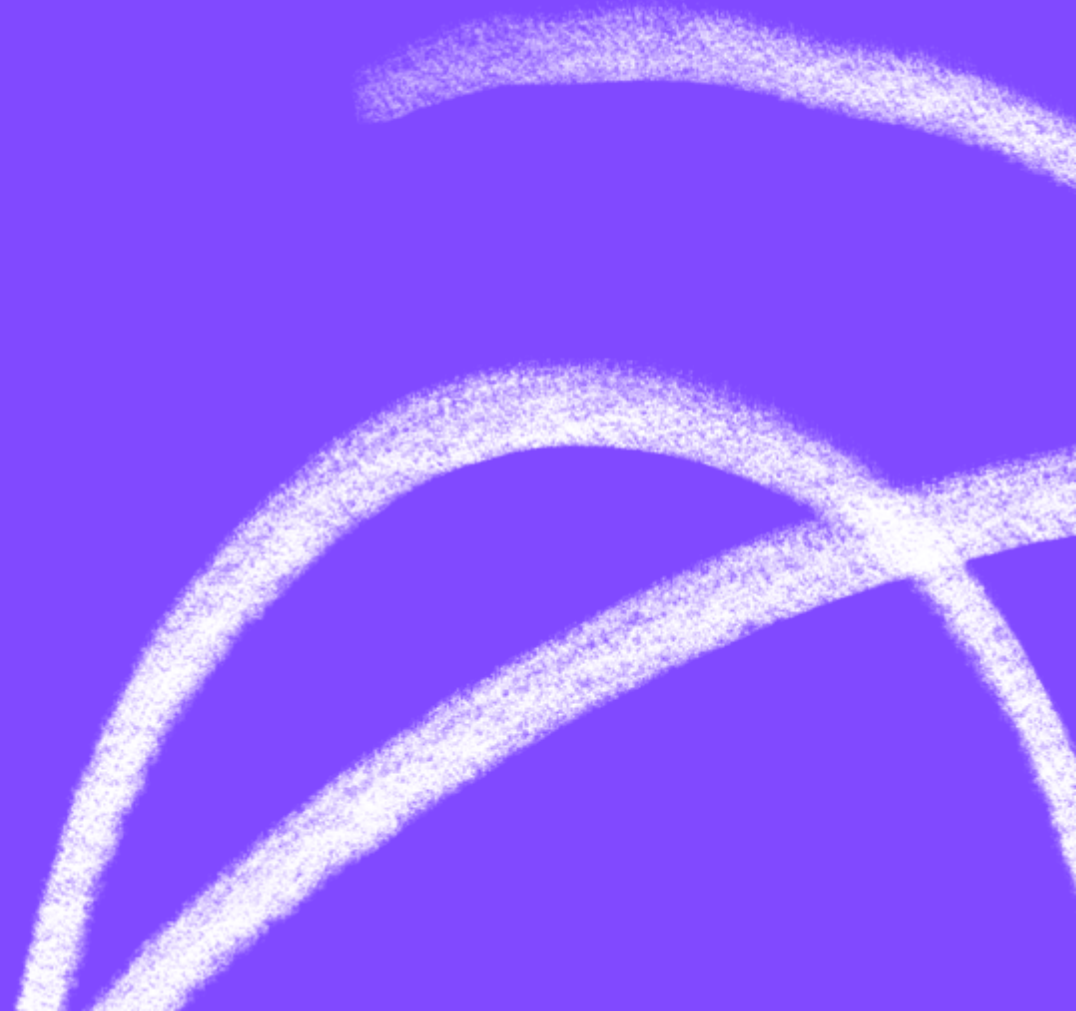
*“The more people move the better they feel...Just 15 mins and 9 seconds of exercise is enough to make a positive impact on mental health”* Dr Brendon Stubbs



[www.drbrendonstubbs.com](http://www.drbrendonstubbs.com)



**What stops us  
moving?**



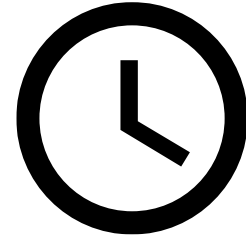


# The Should Monster

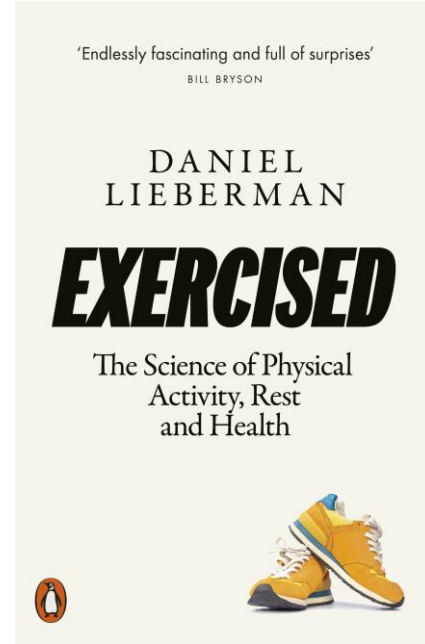
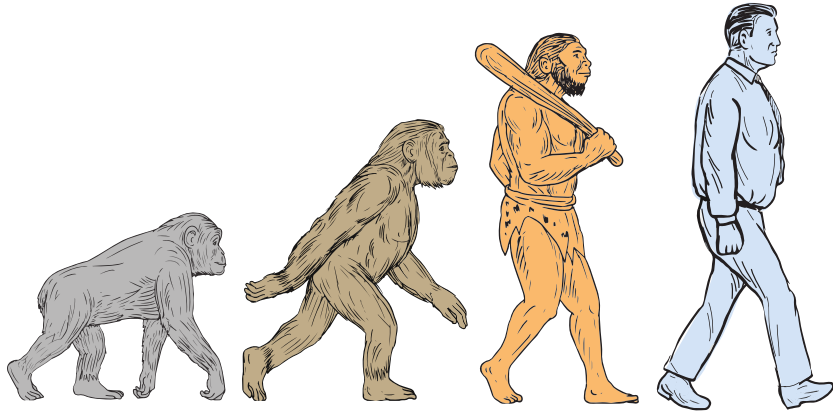


# Barriers to Movement

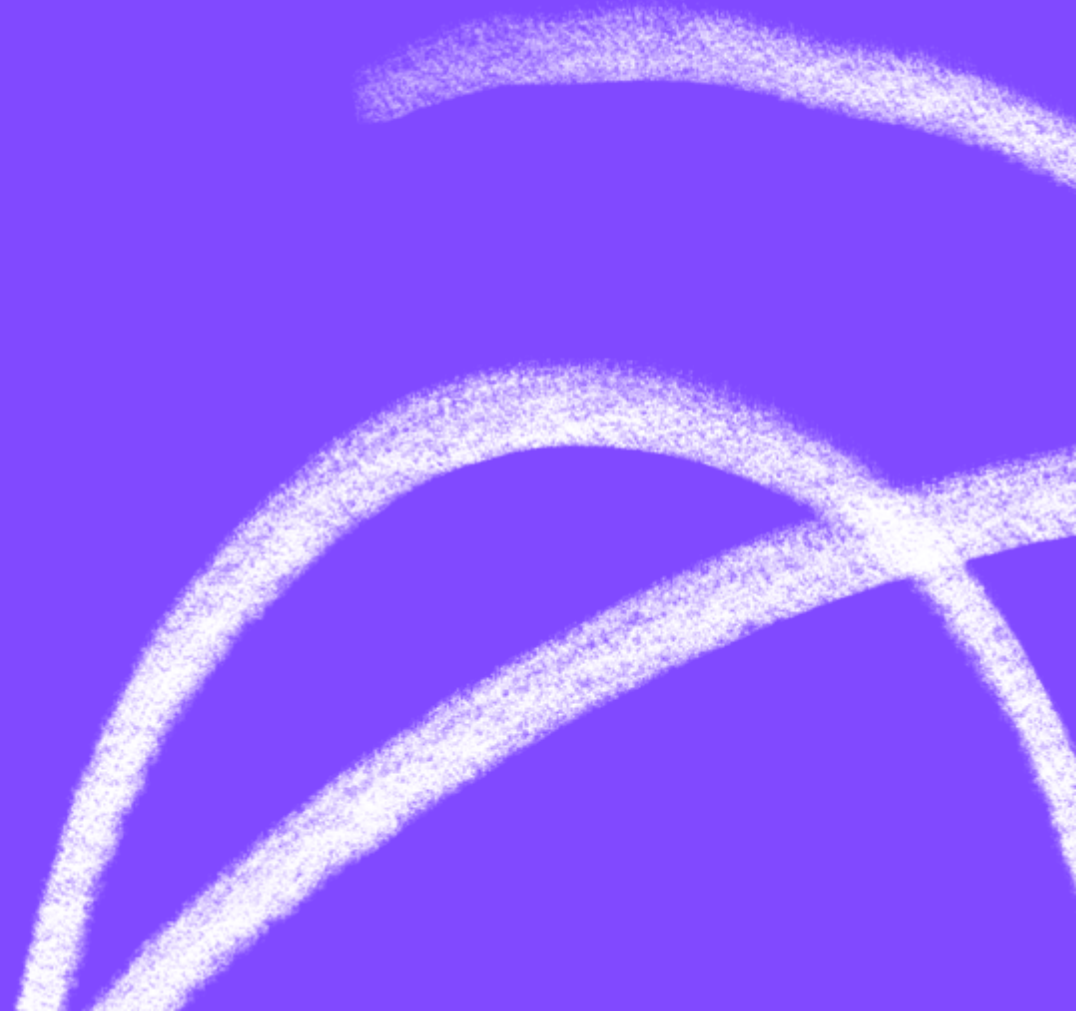
- Physical fitness
- Emotional reasons
- Confidence
- Mindset
- Low motivation
- Financial
- Time
- Family pressures
- Cultural
- Social
- Cultural
- Lack of access to resources
- Environmental
- Past history and experience



# Why aren't we doing any or enough exercise?

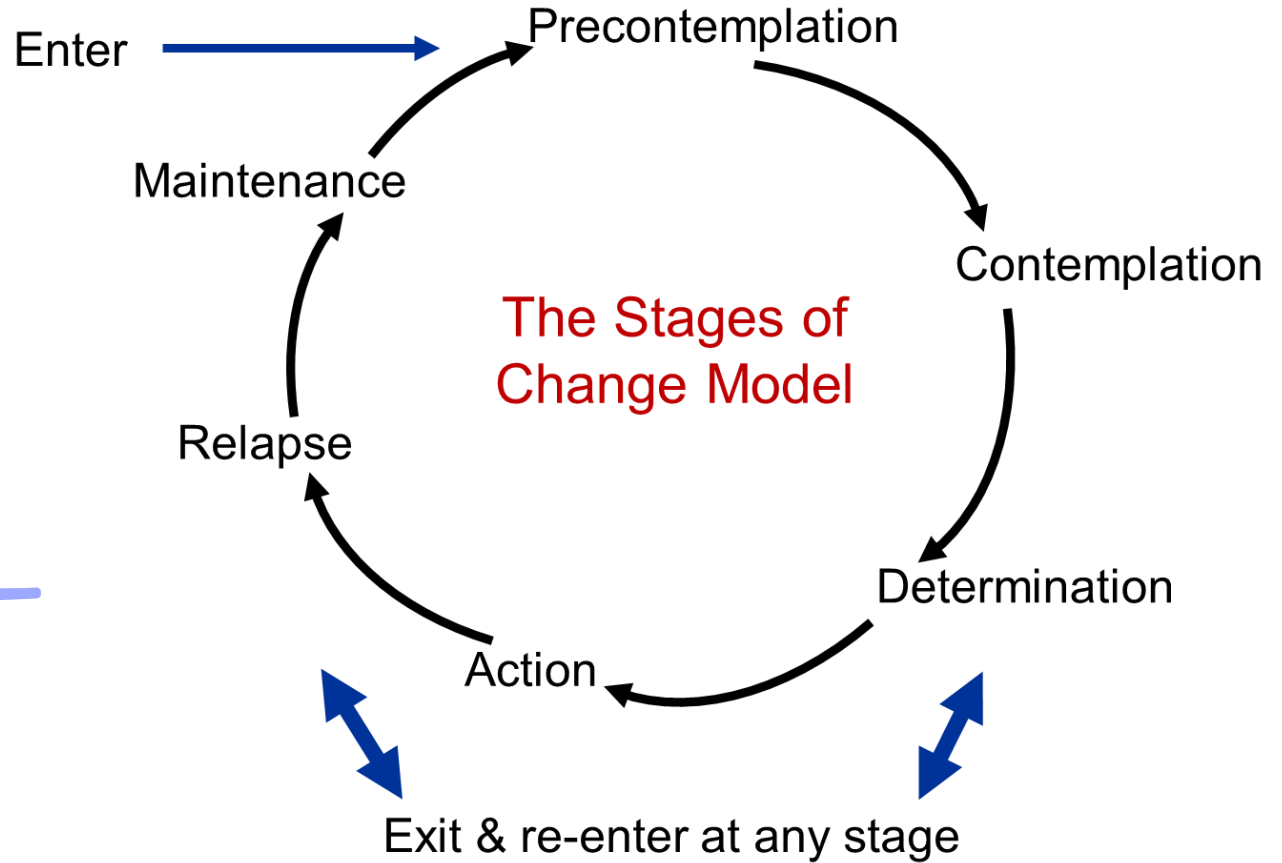


# Habit Change



# The Change Cycle

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# Understanding Readiness

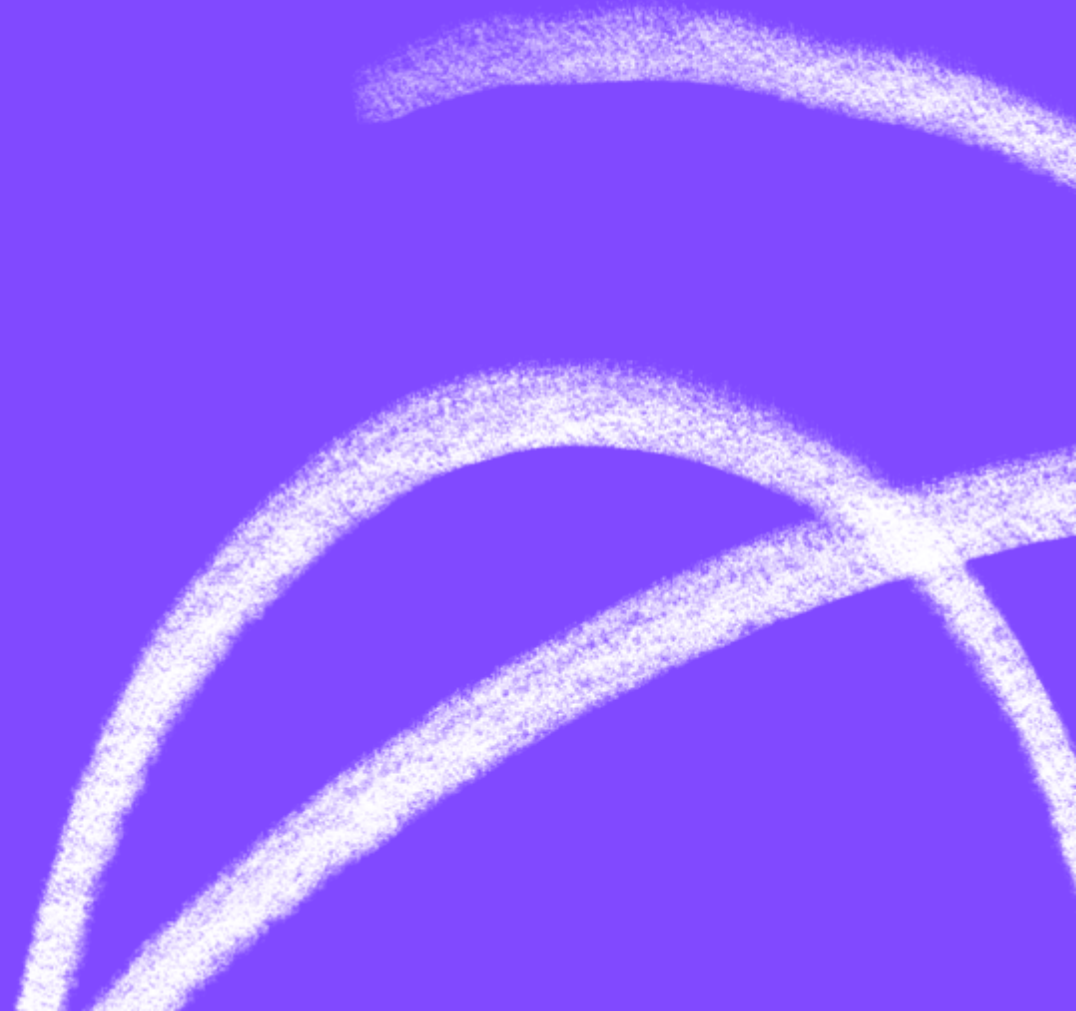


# Top Tips for Habit Building





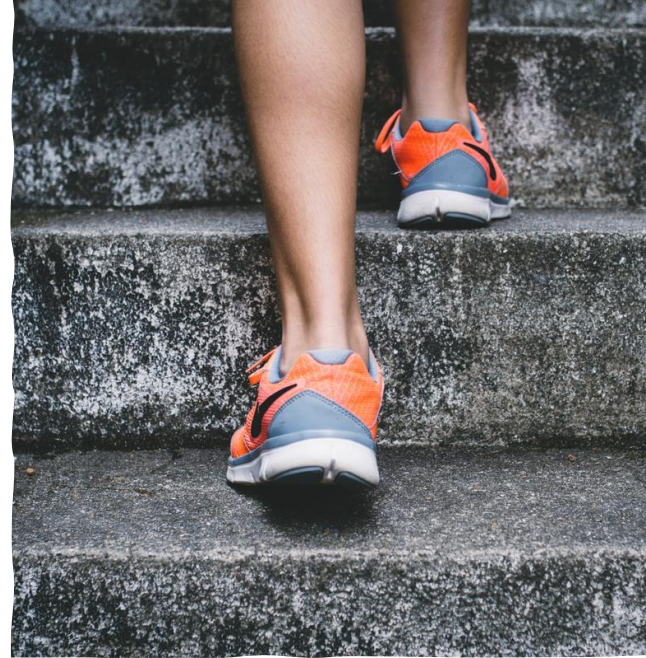
# Moving in the Workplace



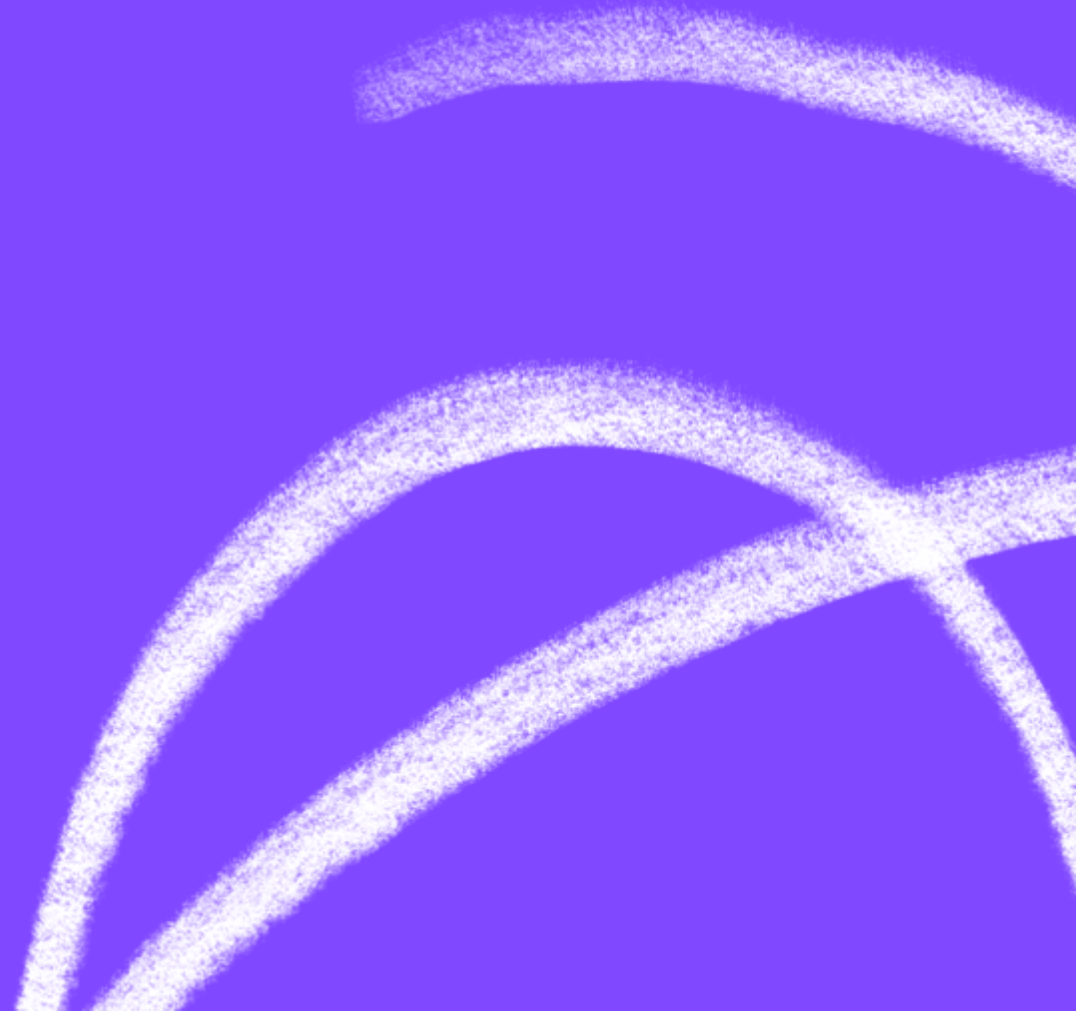
# Workplace Strategies

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- Workplace fitness challenges
- Get social: running clubs, sports clubs, team sports
- Campaign for support: corporate gym memberships, inhouse trainers, yoga at work
- Workout buddies
- **Walking or jogging meetings**
- Team building outside activities
- Volunteer days – gardening etc
- Standing desks
- Stair challenge
- **Gamification**
- Facilities
- **Work design**
- Strategy/policy development e.g. lunch breaks



**York Mind**



# How We Can Help

York Mind have several services for employers looking to improve mental health in their workplace:

- **Consultancy**  
We will assess the needs of your workplace(s) and make recommendations including changes to policies, ways of working and support tools
- **Accredited Training**  
including ASIST suicide prevention and Mental Health First Aid, plus many more
- **Workplace Training**  
On topics including Mindfulness in the workplace, Managing Stress, and Diversity
- **Webinars**  
As either a supplement to training, or as a standalone offer



# Other Services we offer

- [YorMind.org.uk](https://www.yormind.org.uk)
- Chat Chit Podcast
- Activities
- Advocacy
- Coaching
- Counselling – Both adults and young people's
- Young People's Services
- Peer Support
- Unemployment support (RISE 2 Thrive Programme)



# Fundraising for York Mind

York Mind relies on the support of people like you!  
Why not support us through:

**Taking on  
an active  
challenge!**

**Corporate  
Sponsorships  
and  
events!**

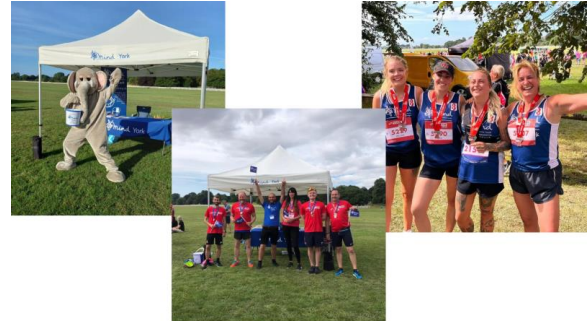
**Becoming  
a charity  
partner!**

**Payroll/  
regular  
Giving!**

**Volunteering**

## UPCOMING CHALLENGES!

1. *York 10k – 4th August 24, £25 per place*
2. *Yorkshire Marathon – 20th October, £40 per place*
3. *Dragon Boat Race – 14th July - £25 per place*
4. *Yorkshire 3 Peaks – 6th July, £10\**



\*if you raise £250



# Thank you

## Questions?

**Stay in Touch:**

[www.yorkmind.org.uk](http://www.yorkmind.org.uk)

[www.facebook.com/MindYork](https://www.facebook.com/MindYork)

@TheYorkMind (Twitter/X)

@york\_mind (Instagram)