



Wellbeing
& Recovery
College



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Telford & Wrekin

iapt

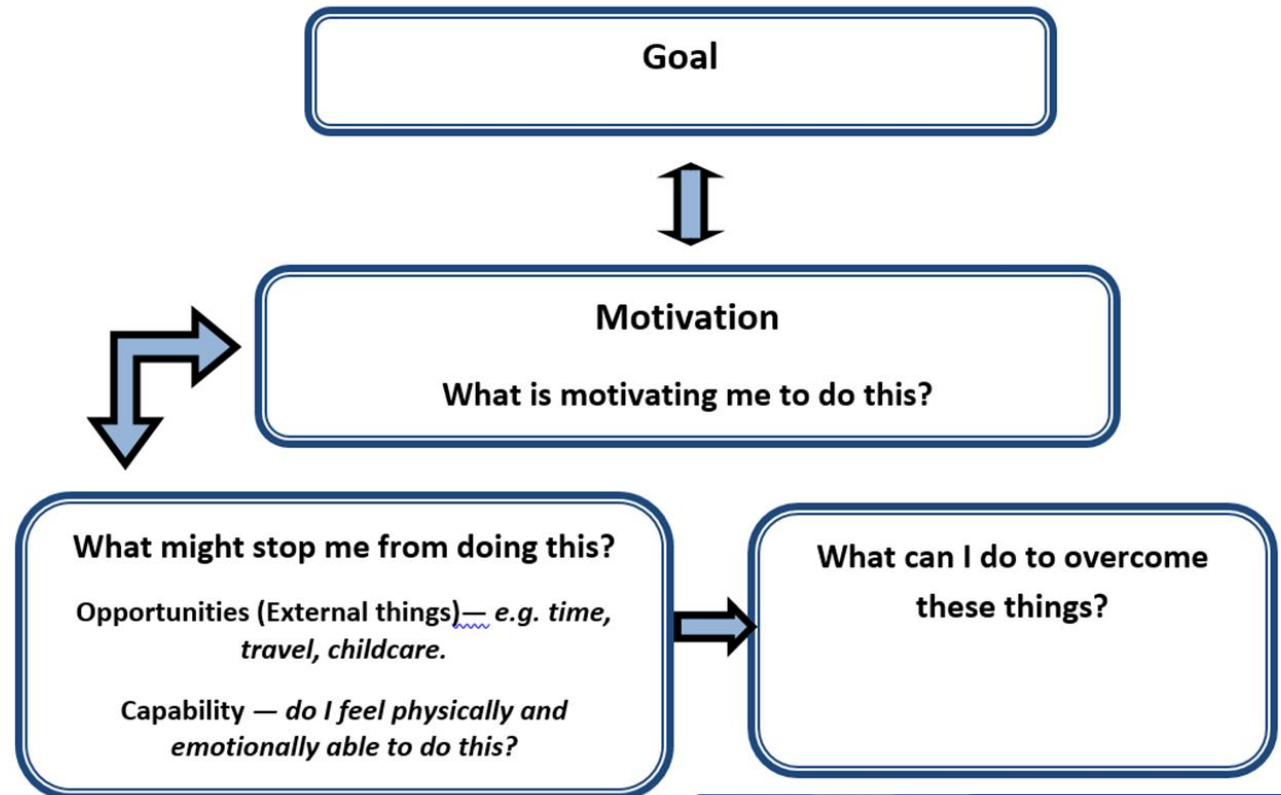
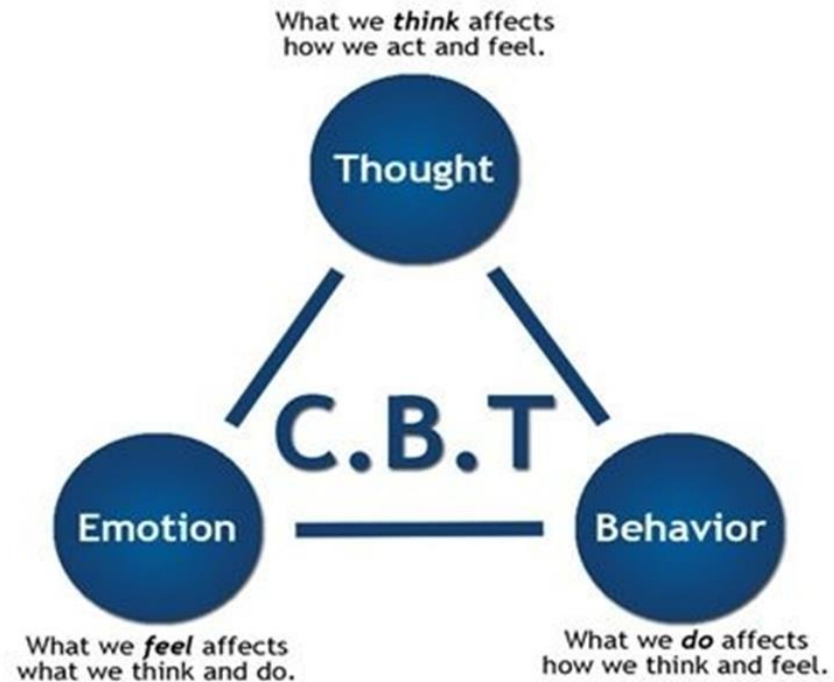
Psychological Therapies
for Low Mood, Depression
and Anxiety

Move for Mood

Expectations

- ▶ To be respectful of others
- ▶ To keep this a safe space and ensure everyone's confidentiality
- ▶ To let us know if you need any support or are unsure of anything
- ▶ To take things at your pace and try your best

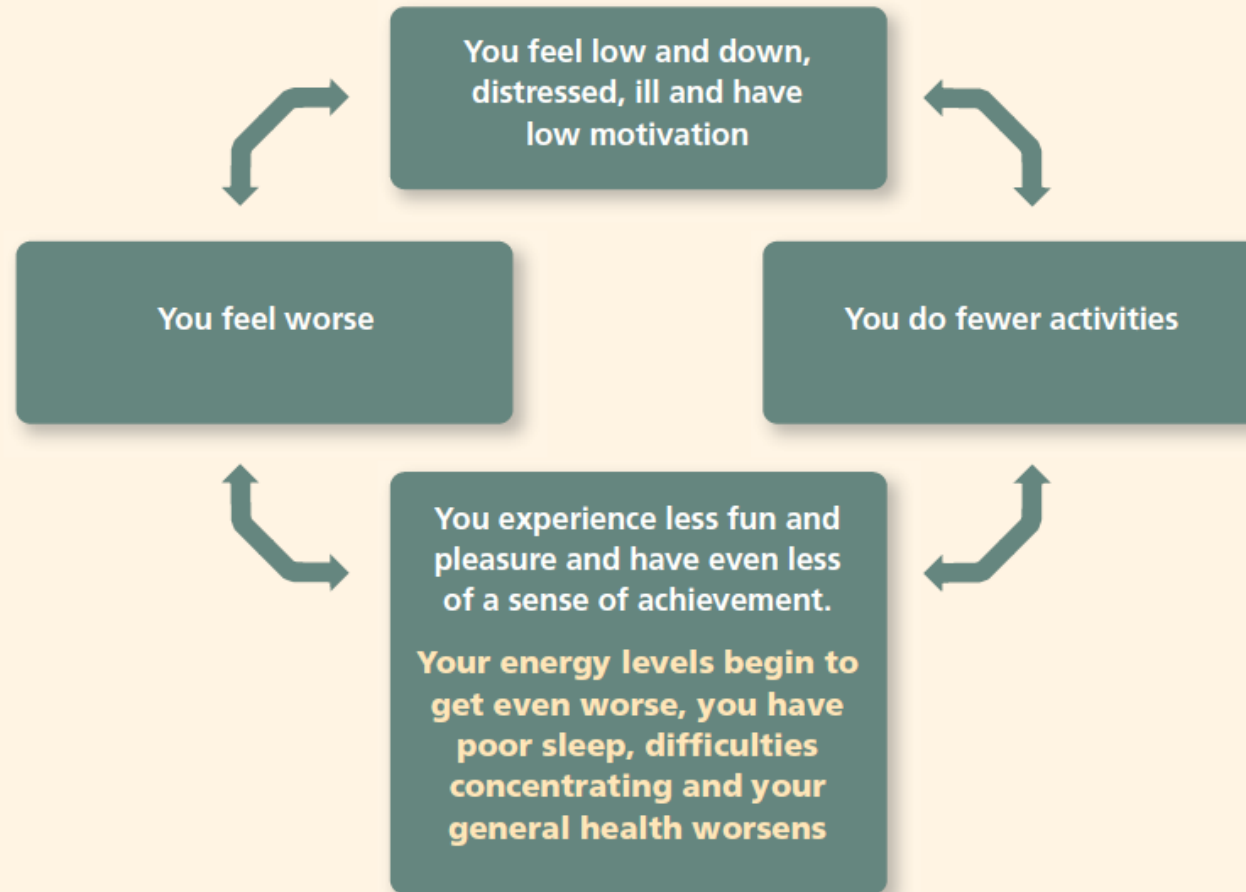
Recap of Week 1:



Aims

- ▶ Role of physical activity in depression
- ▶ Meaningful activity
- ▶ Mindful walk
- ▶ Cuppa and Connection

Cycle of low mood and reducing activity



Physical Activity

- ▶ Physical activity is any movement which causes your body to use energy
- ▶ Exercise is a form of physical activity that is carried out to sustain or for improve health and fitness exercise includes a wide range of activities that boost your activity level to help you feel better.



For mild depression, physical activity can be as good as antidepressants or psychological treatments like cognitive behavioural therapy (CBT).



Exercise Increases The Levels Of:



BDNF

- the brain's
fertilizer



SEROTONIN

for motivation
and willpower



NOREPINEPHRINE

for energy and
concentration



DOPAMINE

for pleasure, focus
decision-making

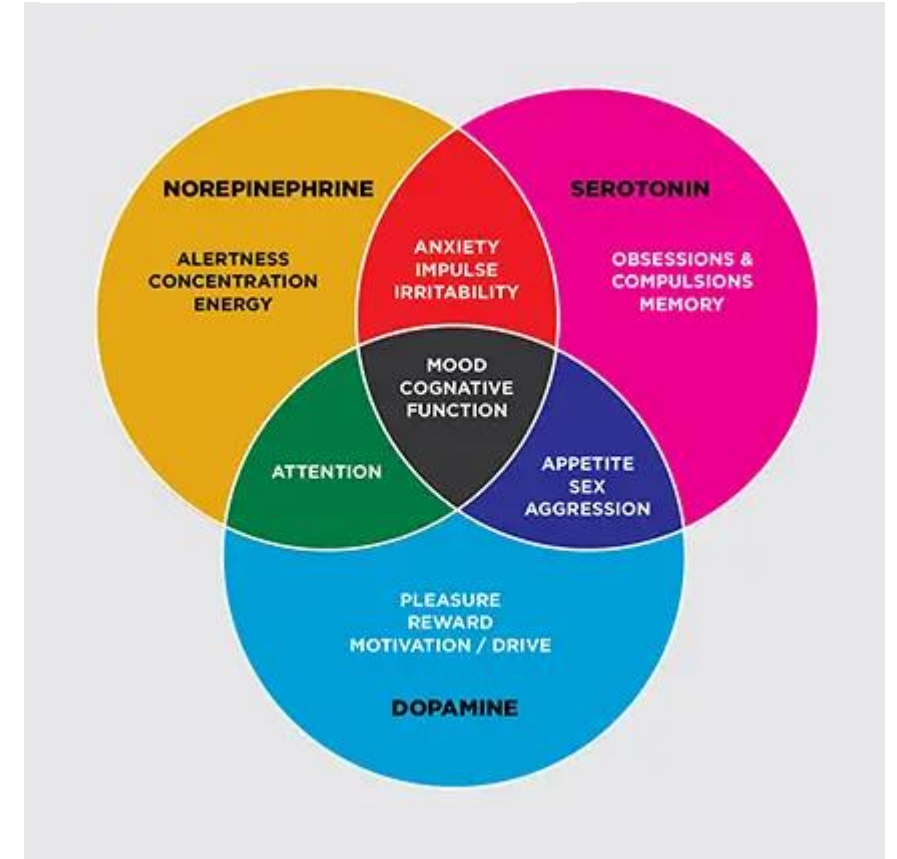
And reduces levels of stress hormones:



CORTISOL



ADRENALINE



Exercise

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



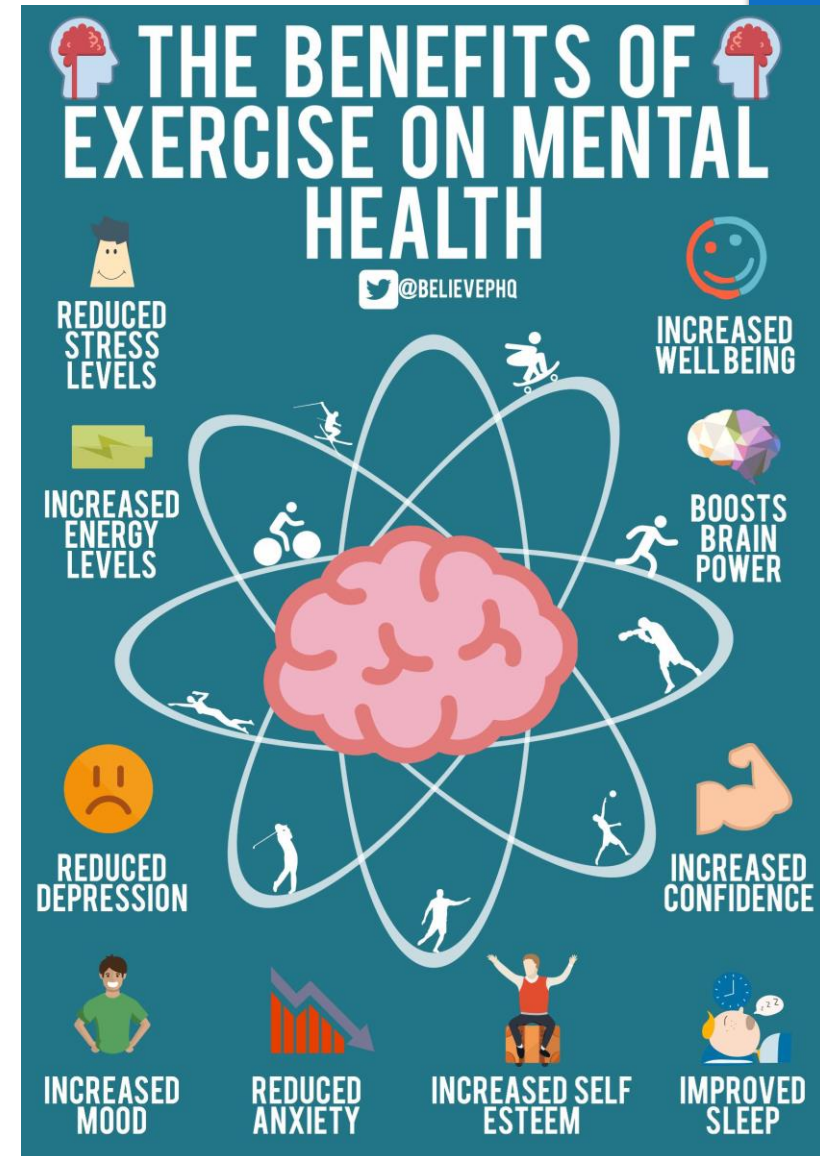
Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline



How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising
with weights



yoga



or carrying
heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



Meaningful Activities



CORE VALUES

ICON SET



INTEGRITY



INNOVATION



COMMITMENT



CREATIVITY



PEOPLE



PASSION



GOALS

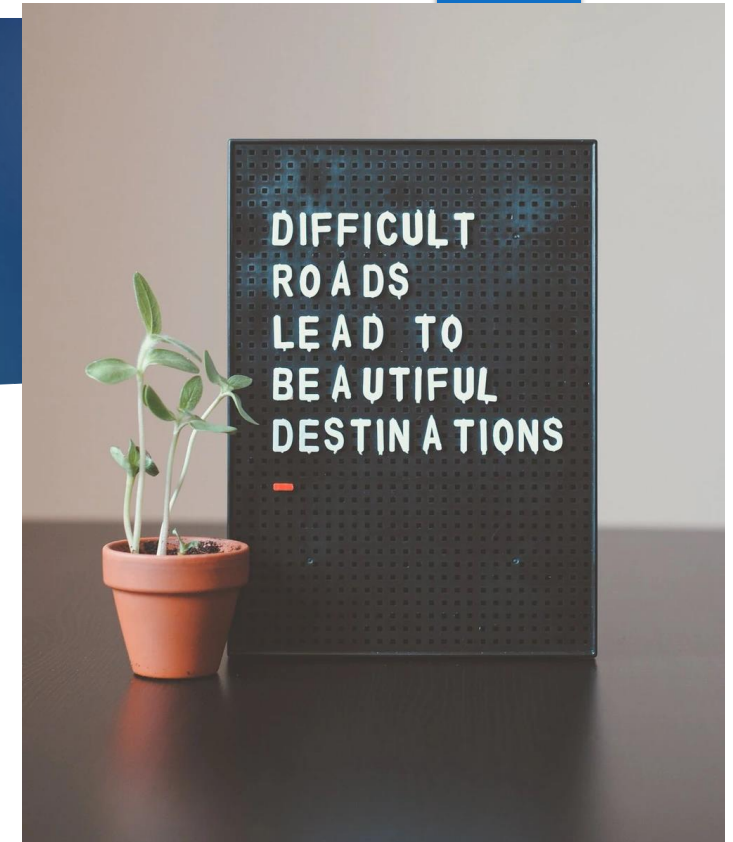
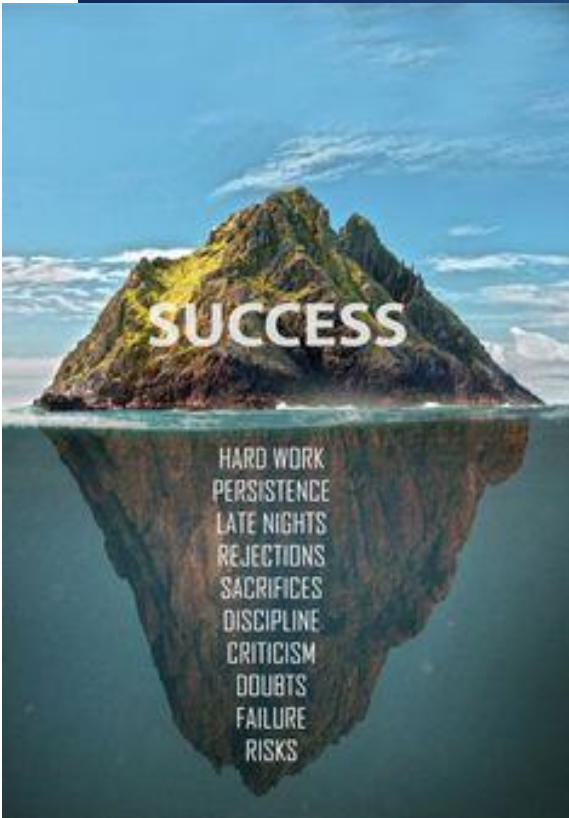


GROWTH



CONNECTION

Motivation









Thank you

Further Resources:

- ▶ [How exercise affects the brain – YouTube](#)
- ▶ [From Synapses to Circuits, the Molecules that Grow Your Brain | Ryan Brandt | TEDxNMU – YouTube](#)
- ▶ [Optimizing your Brain through Exercise – YouTube](#)
- ▶ [Wendy Suzuki: The brain-changing benefits of exercise | TED – YouTube](#)
- ▶ <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-for-adults-aged-19-to-64/>
- ▶ [About physical activity – Mind](#)

