

## Activities to help with stress, depression and anxiety.

Coping with stress, depression and anxiety can feel like a very daunting task. In this document we will look at some types of relaxation and activities that you can try. Remember that we are all different so not everything will work for everybody.

For some using their bodies in physical activity works better than those who have vivid imaginations and prefer to use their minds. Whatever you prefer you'll find some examples to help set you on the right path. Remember that whatever you decide needs to fit in with your routine, personality and physical abilities.

Physical activities can take the form of yoga, stretching, walking, running, swimming, dance, gym or cycling to name just a few.

Mental activities can include meditation, breathing exercises, jigsaws, writing, painting, arts and crafts to name just a few.

Both types of exercise will help you get back in touch with who you are, what you like to do and help you feel more comfortable about yourself.

Physical activities will help remind your body that sweating and a raised heart rate are connected with physical exertion rather than anxiety, panic or stress.

Mental activities will help calm your mind and lower your heart rate, reminding your body what it feels like to be relaxed.

Before you start any kind of new physical activity is it advisable to check in with your doctor to find out if the activity is safe for you. This includes things like meditation and yoga as you may have joint related issues.

No matter what type of activity you choose it is good to start out with small, achievable and manageable goals. Trying to run a half marathon takes a lot of training but so does trying to meditate for an hour. Start off small and work your way to your desired goal.

Remember if your first choice doesn't work for you try something else. Some people chose one mental and one physical activity, others chose either mental or physical. The choice is yours.