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# HAPPINESS

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# BOOTCAMP

**#BeFitMentally**

**Exercise and Mental Health**

# Who Are We?

- The Happiness Bootcamp C.I.C uses fitness to educate on mental health.
- #BEFITMENTALLY SCHEME





Almee Browes could never have imagined people would want to hear her talk about her anxiety.

Having agreed to speak publicly about mental health in a friend's café two years ago, she was scared no-one would turn up.

"We popped it on Facebook and 300 people turned up. The place was only big enough for 30."

Now she runs The Happiness Bootcamp - a project that uses fitness to teach people how to address their mental health issues.

**Most Popular**

1  **Danniella Westbrook 'homeless'**  
8 Dec 2014



# Introduction: Understanding How It Feels Activity (Stigma)

# Discussion Questions:

1. What does each scenario make you think about?
2. Why are some things harder to talk about than others?
3. What do you think would happen if you did talk about your mental health?

# Understanding The Statistics And Science

- The Mental Health Commission of Canada (MHCC) reports that “many people living with mental illness say the stigma they face is often worse than the illness itself.”
  - 1 in 4 adults suffer with a mental illness
  - 1 in 10 children have a diagnosable mental illness
  - 2/3 with mental health issues due to work place stress

# Understanding Anxiety And Stress

- "A feeling of worry, nervousness or unease about something or an outcome"
- It can bring on fear, panic attacks and a state of worry
- It affects every single person in some state or form
- 1 in 5 have issues dealing with their anxiety
- One of the largest mental wellbeing problems across the world

YOU ARE NOT BY YOURSELF

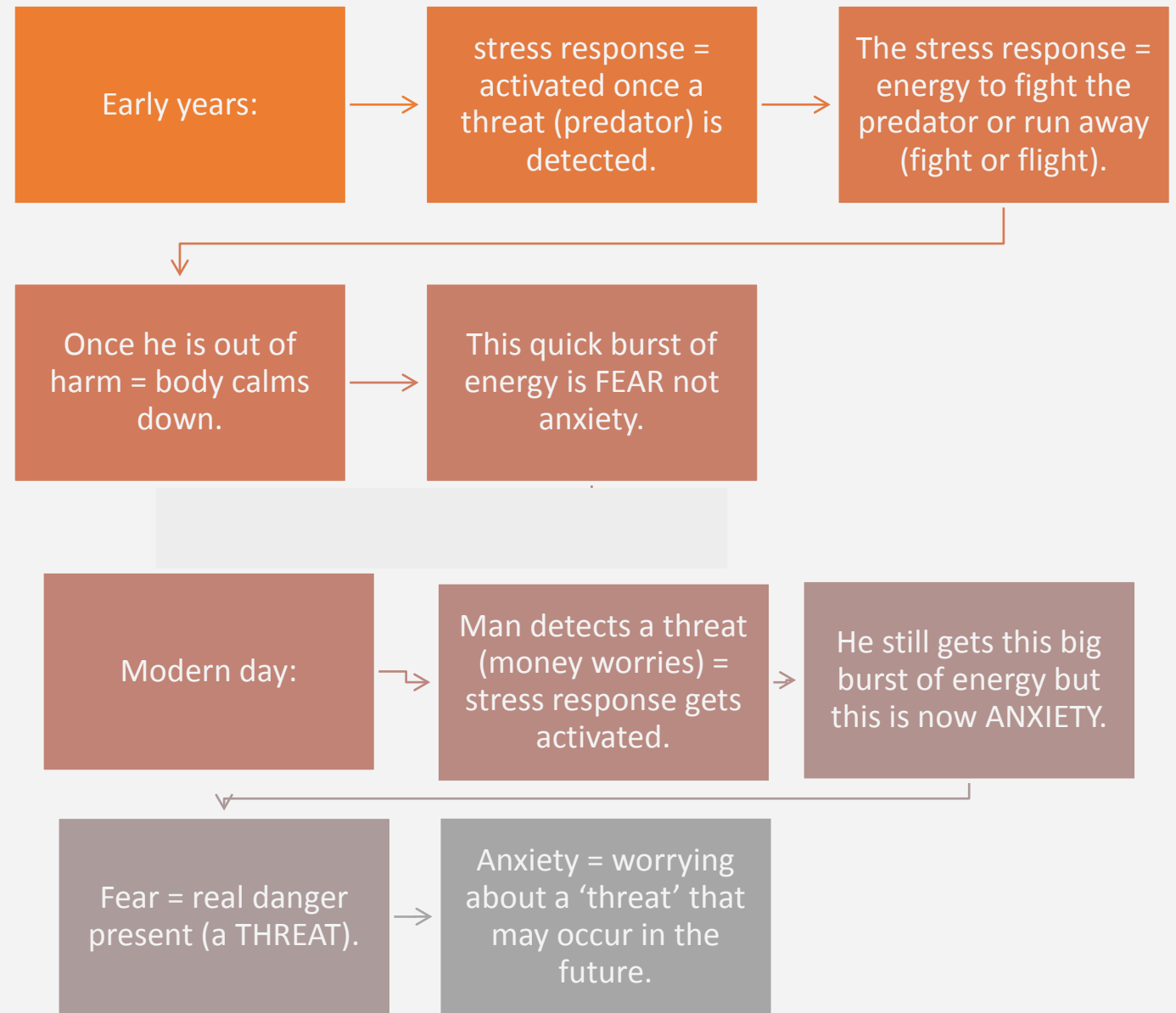
# What causes anxiety/stress?

## ‘The caveman’

- Evolutionary psychology can show us how anxiety is an adaptive response that should be useful, but our intelligence changes that.
- Our brain is programmed to detect a threat by giving us energy to prepare for danger and allowing you to calm down when the threat has passed.
- In the beginning we were once prey to other animals, bigger, faster than we were.
- Humans who could detect ‘threats’ quickly and respond appropriately were more likely to survive, and therefore more likely to pass on their adaptive ‘threat detection system’ to their children.
- As we evolved, we lost the threat from predators, but kept our threat detection system.
- Therefore we still have this primitive threat detection system, but are now using it to detect threats in everyday situations.



# What's the difference between fear and anxiety?



# How Does Anxiety Affect Our Body?

It affects everyone differently both mentally and physically

- Get easily upset
- May feel guilt
- Feel embarrassed
- Feel low
- Feel full of anger
- Feel insecure
- May feel without hope
- Feel tearful
- Loose self confidence
- No motivation
- Bad memory
- Feel self conscious
- Cut people off
- Hard to concentrate
- Hard to relax
- Can't control your world
- Loss of interest
- Expecting the worse
- Feel easily confused
- Avoid going places/doing things
- Avoid responsibility
- Eat more/less
- Drink more
- Fear places/people
- Smoke more
- Easily tempered/angry

# *My Story Could Have Been Different...*

- We focus on physical health with first aid training, qualifications, injury posts, etc but why not mental health within workplaces/everyday life?
- Why are we constantly striving to progress without a focus on ourselves?
- Why are we completely missing that **1 in 4** people suffer with their mental health daily?
- Why are we, with an proven way of helping not educating our people?

# *How Does Exercise Help Us Mentally?*

- Exercise releases endorphins that combats depression, and can generate feelings of relaxation and positivity following workout sessions.
- Helps regulate cortisol levels (released during fight or flight).
- Helps your cardiovascular and muscular systems to communicate better to prevent panic attacks.
- Breathing helps regular your internal communication systems to strengthen your lungs and heart.
- It gives you the chance to focus on your body and who you are.

## *Its all in the facts...*

- Meta-analyses on exercise and depression have found effect sizes ranging from 0.53 to 1.10, indicating that people who exercise show moderate to large reductions in depression (Craft & Landers, 1998; Lawlor & Hopker, 2001)
- Sonstroem (1998) proposed that exercise results in increases of physical self-concept and self-esteem and may therefore help to alleviate both depression and anxiety.
- One function of most anti-depressant drugs is to make more serotonin available for binding to cell receptor sites. Previous research has shown that serotonin production is increased after exercise (Jacobs & Fornal, 1993; Chaouloff, 1997)
- EXERCISE HAS BEEN FOUND TO JUST AS USEFUL AS AN ANTIDEPRESSANT

# How can we add exercise into our daily life?

- Morning mile
- Desk Pilates/yoga
- Walking on your lunch break
- The gym
- Join a gym class
- Start dancing
- Go swimming
- Get off a bus stop earlier
- Take the stairs
- Youtube yoga
- Commute to work

# I hate the gym, I don't have time, I don't have the money...

- Hate the gym? Go on walks or find a class in a hall
- I don't have time! Walk to work or park further away
- I don't have money! Workout using youtube!
- I'm scared! Find a workout friend, workout from home or join a class
  
- There's so many ways around those exercise likes and dislikes

# How do we know that exercise helps mental health?

100% of people who have attended our classes have noted back that they have had an improvement in their mental health when making it part of their regular schedule.

How incredible do you feel after moving?



# What can I do for clients, friends or family?

- Be that support.
- We are working towards getting the NHS to refer people to trusted fitness professionals.
- Couch to 5k apps.
- Bring exercise into workplaces and schools.
- Lead by example.

# Short term methods

- Breathing during a panic attack (In for 4, hold for 7, out for 8)
- Mantras (it may feel bad but anxiety is not dangerous. I am going to be okay)
- Description methods
- Stress bands
- Talk

# Long term methods

- Clear up your life: many different things we do can have a negative impact on us
- Caffeine: a stimulant, can set off your fight or flight causing anxiety (become agitated, shaky, headache) switch to decaf or herbal tea
- Includes: fizzy drinks, Irn-bru, pain killers, chocolate etc
- Alcohol/drugs: drinking makes stress worse NOT better

# Long term methods

Medication: anxiety is some of the side effects of certain medications

Speaking about relationships

Speaking to a therapist or support group

Stop doubting yourself and believe

ANY QUESTIONS?

Join our journey to #BeFitMentally

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