MOVEMENT, MOTIVATION, AND MENTAL HEALTH

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Mental Health and Movement
Mental Health Statistics

According to NAMI:
• 1 in 5 U.S. Adults experience mental illness each year
• 1 in 25 U.S. Adults experience serious mental illness each year
• 1 in 6 U.S. Youth aged 6-17 experience a mental health disorder each year
Common Mental Health Treatments

- Medication
- Talk Therapy
- Group Therapy
- Support Groups/Peer Support
- Psychoeducation
- Mediation
How is Mental Health and Movement Related?

<table>
<thead>
<tr>
<th>Physical Health</th>
<th>Mental Health</th>
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<tbody>
<tr>
<td>Healthy body</td>
<td>Increases sleep quality</td>
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<tr>
<td>Reduces risk for chronic illness</td>
<td>Increases energy levels</td>
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<tr>
<td>Stronger bones, muscles, joints</td>
<td>Increases self-confidence</td>
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<tr>
<td>Get stronger and fitter</td>
<td>Improves memory and concentration</td>
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<tr>
<td>Have lower blood pressure</td>
<td>Builds friendships and reduce isolation</td>
</tr>
<tr>
<td>Reduces risk of heart disease and diabetes</td>
<td>Stimulates dopamine, norepinephrine and serotonin (mood regulation)</td>
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<tr>
<td>Reduces Pain</td>
<td>Reduces cortisol (stress hormone)</td>
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Exercise and the Brain

According to Dr. Sarah Gingell with psychology today:

• Regular exercise increases the volume of certain brain regions in part due to better blood supply.

• Regular exercise can create new hippocampal neurons in the hippocampus which regulates memory, emotion regulation, and learning.

What Defines Movement?

• According to Merriam-Webster movement means: an act or process of moving. Especially the change of place or position or posture.
<table>
<thead>
<tr>
<th>Types of Movement</th>
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</thead>
<tbody>
<tr>
<td>Walking</td>
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<tr>
<td>Stretching</td>
</tr>
<tr>
<td>Jogging/Running</td>
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<tr>
<td>Hiking</td>
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<tr>
<td>Bike Riding</td>
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<tr>
<td>Jumping Rope</td>
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<tr>
<td>Strength Training</td>
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<tr>
<td>Swimming</td>
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<tr>
<td>Yoga</td>
</tr>
<tr>
<td>Push-ups</td>
</tr>
<tr>
<td>Aquatic classes</td>
</tr>
<tr>
<td>Dance/Zumba</td>
</tr>
<tr>
<td>Kayaking/Rowing</td>
</tr>
<tr>
<td>Kickboxing……and so many others!</td>
</tr>
</tbody>
</table>
Personalize movement
Why is it so Hard to Start?
### Common Symptoms

#### Depression
- Social Withdrawal
- Isolation
- Reduced Activities
- Low Energy
- Physical symptoms
- Loss of Interest
- Focusing
- Agitation
- Interrupted Sleep

#### Anxiety
- Racing Heart
- Unwanted Thoughts
- Fatigue/Sweating
- Fear
- Exercise/Panic
- Muscle Tension
- Panic Attacks
- Phobia
- Social Anxiety
Stages of Change

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse
How to Get Started

• Talk with your doctor about starting a fitness program or changing activity levels.
• Set small goals to start.
• Focus on one change/goal at a time.
• Tell someone about your goal.
• Look at your expectations.
• You don’t have to be perfect!
• Make it fun!
Recommended Activity Levels

The American Heart Association recommends that Adults:

• Get at least 150 minutes (2.5 hours) per week of moderate-intensity aerobic activity or 75 (1.15 hours) minutes per week of vigorous aerobic activity, or a combination of both, spread throughout the week.

• Add moderate to high intensity muscle activity (such as resistance or weights) at least 2 times a week.

• Gain even more benefits by being active at least 300 minutes (5 hours) per week.

• Spend less time sitting and increase gradually over time.

• It’s okay to start below these recommended levels. Everyone starts somewhere!
Recommended Activity Levels

The American Heart Association recommends that Children:

• Ages 3-5 be physically active and have plenty of opportunities to move throughout the day.

• Kids 6-17 years old should get at least 60 minutes per day of moderate to vigorous intensity physical activity, mostly aerobic.

• Increase amount and intensity over time.
What is Intensity?

The American Heart Association defines intensity in the following categories:

<table>
<thead>
<tr>
<th>Moderate Intensity Aerobic Activities</th>
<th>Vigorous Intensity Aerobic Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk Walking (2.5 miles per hour)</td>
<td>Hiking uphill or with heavy backpack</td>
</tr>
<tr>
<td>Water aerobics</td>
<td>Running</td>
</tr>
<tr>
<td>Dancing</td>
<td>Swimming laps</td>
</tr>
<tr>
<td>Gardening</td>
<td>Aerobic Dancing</td>
</tr>
<tr>
<td>Tennis (doubles)</td>
<td>Heavy Yardwork</td>
</tr>
<tr>
<td>Biking slower than 10 mph</td>
<td>Tennis (singles)</td>
</tr>
<tr>
<td></td>
<td>Jumping Rope</td>
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<tr>
<td></td>
<td>Cycling 10 mph or faster</td>
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Tips for Success

• Schedule your movement: doctors visits, meetings, events are scheduled…how about exercise.

• You know yourself best…mornings/evenings, excuses.

• Remove obstacles

• Involve the family…evening walks, playing in the yard, etc.

• Look at past attempts…what went wrong/right
Identifying Your Motivators
The Power of a Strong Mantra

- A mantra is a word or sound repeated to aid concentration in meditation
  - Oxford Dictionary
Enjoy the journey. Live light.

What would you attempt to do if you knew you could not fail?

(unknown)

No matter how slow you go, you are still lapping everybody on the couch.

Mind over matter

The hardest part of exercise is just to start.

Strive for progress, not perfection.
Creating Your Own Mantra

1) Identify what your mantra will be about. What do you want to achieve?
2) Find your keywords that inspire you.
3) Piece it together into a saying.
4) You can have more than one!
Behavioral Activation

• A plan to reduce negative behaviors and replace with positive alternatives.
• Come up with a list of positive replacement behaviors that are both easy and rewarding. List these from easiest to hardest for you to accomplish.
• Identify possible obstacles and talk about when to use positive behaviors.
• Include friends and social support.
• It’s okay to change the plan at any time.
Mindfulness

• Being in the “Here and Now”
• Slowing down and recognizing things in the moment
• Awareness of thoughts, feelings, body sensations, and environment.
Mindfulness and Movement

• Look at how you feel in the moment. Stop rushing through it. When things are rushed we don't enjoy them.

• Don’t let your mind rush your progress, outcomes, goals.

• Enjoying the experience-recognize your breath, how you feel, and your surroundings.

• Letting go of what you “should be doing” or “need to be doing”.

• Remember your mantras, motivations, and why when things get tough.
Mindfulness through Dierks Bentley: Living

This morning I got up at 6:01
I walked out and saw the rising sun
And I drank it in like “coffee”
I saw a tree I’ve seen a thousand times
A bird on a branch and I watched it fly away in the wind
And it hit me
It’s a beautiful world sometimes I don’t see so clear
Some days you just breath in
Just try to break even
Sometimes your hearts pounding out of your chest
Sometimes it’s just beatin’
Some days you just forget
What all you’ve been given
Some days you just get back
And some days you’re just alive
Some days your livin’
Mental Health and Nature

• There is growing research and evidence around mental health and nature.
• According to NCIB the proximity of greenspace has been associated with lower levels of stress and reduced symptoms of depression and anxiety.
Balance and not Perfection

- Not everyday has to be perfect
- No one is perfect!
- Small changes lead to big success
- If you do mess up, start again asap….not tomorrow or next week.
- Give yourself off days and practice self compassion.
- Use your support systems
“You messed up your diet and you didn’t exercise today—So what? You didn’t ruin anything. Get back on track tomorrow. If you have one flat tire, do you slash the other three? Of course not.”

Jillian ❤ Michaels
Some days, it’s easier;
Other days, it’s harder.

Be it easy or hard, the only way to get there...
...is to start.

@thunkfool