

# REGULAR EXERCISE MAY HELP SYMPTOMS OF DEPRESSION BY:

- Increasing energy levels
- Improving sleep quality and patterns
- Distracting from worries and allowing for time to think more clearly
  - Providing social support and reducing loneliness if exercise is done with other people
- Increasing a sense of control and self-esteem by allowing people to take an active role in their own wellbeing.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit [www.staychatty.com.au/get-help](http://www.staychatty.com.au/get-help) for a list of services.

Source - The Black Dog Institute (7)