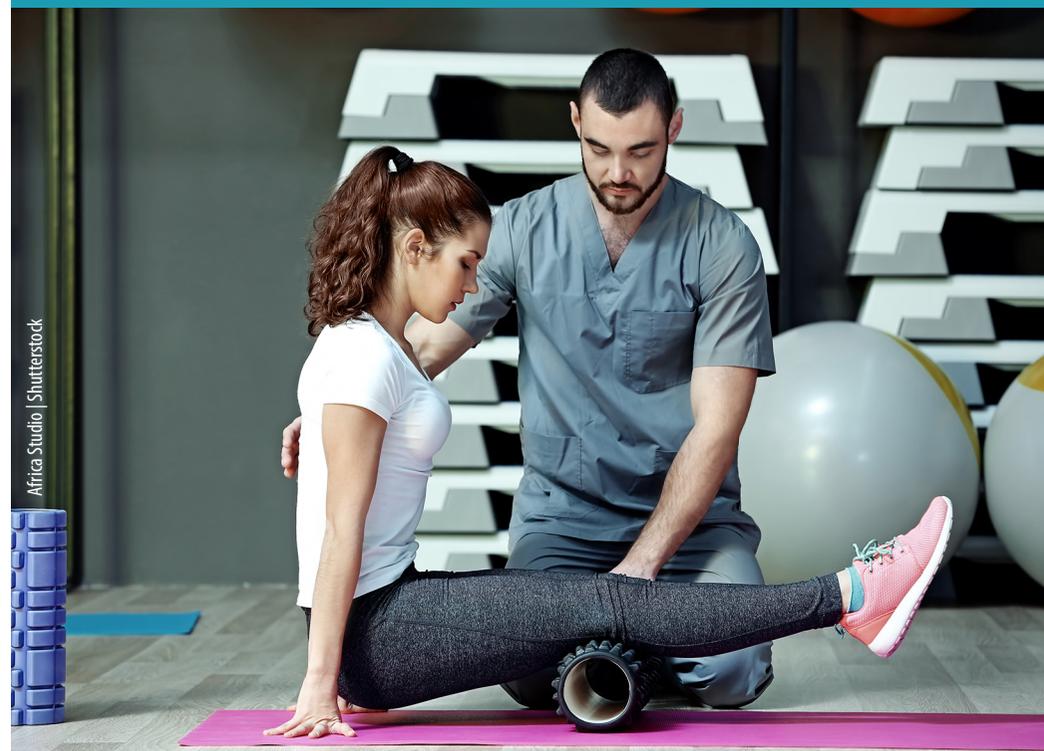


Get active.
Stay active.
Talk to a
physiotherapist
about how to
improve your
mental health



PHYSIOTHERAPY AND MENTAL HEALTH



Physiotherapy can help
improve mental health

#worldptday



This leaflet has been produced by:

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There are many reasons physical activity is good for your body – having a healthy heart and improving your joints and bones are two reasons – but did you know being physically active can also benefit your mental health and wellbeing.

We need to change how we view physical activity and see it as something we do because we value the positive difference it makes to our physical and mental health and wellbeing.

Did you know?

- **1 in 4** people will experience a **mental health condition** of some sort during their lifetime
- **1 in 6** people are likely to have had a **common mental health problem** in the past seven days
- people with mental health issues are **more at risk of having poor physical health**
- **70% of premature deaths** in mental health patients are due to poor physical health
- mental health problems are one of the **main causes of the overall disease burden worldwide**

Exercise is an evidence-based treatment for people with depression, and physiotherapists work with people who may have depression alongside long-term health issues. Getting and staying physically active will help improve your physical and mental health. Talk to a physiotherapist and discover an exercise or activity you find enjoyable and have fun!

How much exercise or physical activity should you be aiming for every week?

Moderate intensity for 150 mins per week

Raised heart rate • Feel warmer • Breathe faster



OR

Vigorous intensity for 75 mins per week

Difficulty talking • Rapid breathing • More effort



+

Strength and balance exercise 2 days per week

Improve function • Prevent injury • Less likely to fall



Don't worry if these targets seem far off, research has shown that even getting started and doing a small amount of physical activity such as ten minutes a day can improve your physical and mental health.



Taiwan Physical Therapy Association | Chun-Yao Cheng

What are the benefits of physical activity?

- **protection against** the emergence of **depression**
- **prevents** the development of **mental health issues**
- people with depression and schizophrenia are **LESS likely to stop exercising** when supported by a physical therapist
- improves the **quality of life** and **self-esteem** of people experiencing mental health issues
- has a large and significant **antidepressant effect** in people with depression

Better outcomes are experienced when exercise is delivered by a qualified healthcare professional, such as a physiotherapist

How will a physiotherapist work with you to achieve your goals?

A physiotherapist will:

- **listen** to you to understand what matters to you
- work with you to develop a programme that is **tailored to your needs**
- ensure targets are **realistic and achievable**
- keep you **motivated** and **adapt** the programme as you progress