

# 'MIND YOUR HEAD' GETS ACTIVE

Mind your head,  
Leave your bed,  
You won't  
dread,  
The fun ahead!



LAURA, ABI, FAIZAH, SHIFONA & RHEA



# WHO ARE WE?

Laura Bunce- Sport & Exercise Medical Sciences

Faizah Begum- Medical Sciences

Abigail Taylor- Modern Languages

Mary Shifona Kumarasingam - Medical Sciences

Rhea Jethi- Business Studies



# WHAT IS DEPRESSION?

Sadness

Fatigue

Loss of Interest

Guilt

Low Self- Worth

Poor Concentration

Sleep Disturbance

# THE PROBLEM

- Sport is expensive
- Reluctance to join large groups - social withdrawal
- Lack of self confidence
- Lack of motivation & low energy/ fatigue
- Time constraints; lack of availability



# “Dosage”

“Over a week, activity should add up to at least 150 minutes of moderate intensity activity.”

*Public Health Recommendation for Adults (19-64 years)*

*(2008) Physical Activity Guidelines for Americans; (2011) UK Physical Activity Guidelines*

- Moderate intensity activity “requires moderate amount of effort and noticeably accelerates the heart rate”
- Consideration: barriers to undertaking physical activity
- Significant reduction in depressive symptoms & risk of relapse can be gained from 90 minutes activity (30 minutes x 3) per week
- Notable health benefits & reduction in symptoms still gained from at least 60 minutes (20 minute x 3) of activity per week

# The Grading System

- **Group 1 : Destress at home**
- Low to moderate intensity activities at home

E.g. Livestreamed yoga

- **Group 2: One step further**
- Low to moderate intensity solo activities indoors and outdoors

E.g. A short walk or run (suggested routes provided)

- **Group 3: Fun with friends**
- Moderate intensity activities in small groups indoors and outdoors

E.g. Park walks/runs

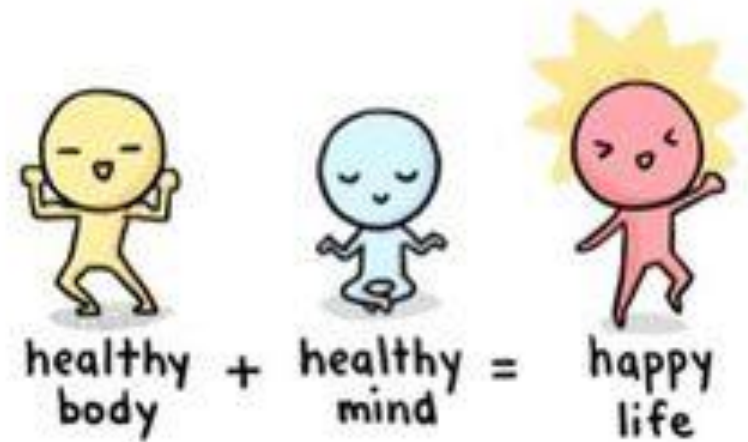
- **Group 4: Day trips**
- Moderate intensity activities in larger groups indoors and outdoors, day trips and events

E.g. Rounders on Exmouth beach



# WHY PHYSICAL ACTIVITY?

- Endorphins, dopamine and serotonin
- Premature mortality
- Outdoor/forest environment
- Cardiovascular health
- Immune System
- Focus
- Encourages social interaction



# WHY WE CHOSE OUR ACTIVITIES

- *Low to moderate intensity and short time periods* - combats lack of motivation, more accessible, enjoyable
- *Yoga* - increases adherence to physical activity
  - decreases neural inflammation which reduces depressive symptoms
  - Affects many other biochemical pathways in the brain
- *Dancing* - enhance self expression, outlet for stress relief
- *Tai chi* - mental concentration, physical balance, muscle re
- *Walks/Runs around Exeter* - exposure to the outdoors





# OUTPUT 1: The Leaflet



## Action Plan

Our recommendation of graded activities (based on the psychological principle of Behavioral Activation)

### Group 1: de-stress at home

- 15 minutes, 3x per week
- Low-to-moderate intensity
- Livestreamed yoga & Zumba classes
- Strength training (<20kg loads)
- Housework & gardening
- Cycling

### Group 2: one step further

- 20+ minutes 3x per week
- Moderate intensity
- Livestreamed yoga & Zumba classes
- Individual short walks/runs (routes provided)

## Benefits of Physical Activity

### ...On Physical Health:

- Forest environments could lower pulse rate, lower blood pressure, increase parasympathetic nerve activity, and lower sympathetic nerve activity compared with city settings.
- Increases blood flow to the brain
- Improves breathing techniques
- Physical balance and posture



### ...On Mental Health

- A multitude of studies show that regular moderate intensity exercise of 20–45 minutes, 3x per week significantly reduces depressive symptoms, relapse and risk of associated premature death.
- Increases serotonin and dopamine levels - enhances mood, improves motivation
- Increases endorphins - natural painkillers, reduces anxiety, increases mood
- Boosts BDNF (Brain-derived neurotrophic factor) - primarily involved in growth, repair and protection of brain cells, and also antidepressant action.

### Group 3: Fun with friends

- 30+ minutes, 3x per week
- Runs/walks in groups
- Sports (eg: rounders, football etc)
- Swimming in the sea/ beach volleyball
- Dog walking
- Tai Chi

### Group 4: Day trips with larger groups

- Beach activities
- Hiking
- Museums
- Park runs
- Trip to Dartmoor
- Sports (eg: rounders, football, frisbee etc)
- Mini Olympics
- Fundraising events



## Who Are We?

We are a newly established branch of a popular student-led, non-profit organization: The Mind Your Head Society.

Mission: to promote positive mental and physical health - through physical activity!

Who can join: All students from all walks of life.

What we do: We organize a wide range of activities to suit all tastes: varying from those that can be done at home, to larger group activities on-and-off campus. Additionally we offer an optional Buddy Scheme, matching you with someone of similar interests to have a familiar face around.

When: Throughout the year, including term time and holidays! Our key events will run every Wednesday, Saturday and Sunday.

Price: Absolutely free of charge!



## Contact us!

 [www.facebook.com/Mindyourheadgetsactive](https://www.facebook.com/Mindyourheadgetsactive)

 [www.twitter.com/Mindyourheadgetsactive](https://www.twitter.com/Mindyourheadgetsactive)



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## REASONS TO GET ACTIVE WITH US

Your mental health is as important as your physical health-

Join us for fun, free sessions running throughout the year

## TYPES OF ACTIVITIES:

- Group 1: In your home
- Group 2: Gentle activities
- Group 3: Group activities
- Group 4: Day trips with the group

All flexible and at your own pace



## COME ALONG!

- Group 1: Yoga Livestream
- Group 2: Walk route around Exeter
- Group 3: Group zumba
- Group 4: Trip to Exmouth

Starting Freshers Week 2017

SEE OUR LEAFLET OR FACEBOOK EVENT FOR MORE DETAILS

# OUTPUT 2: The Flyer

# THE ROUTES

**MIND YOUR HEAD  
GETS ACTIVE**


## Route 1 The River Exe



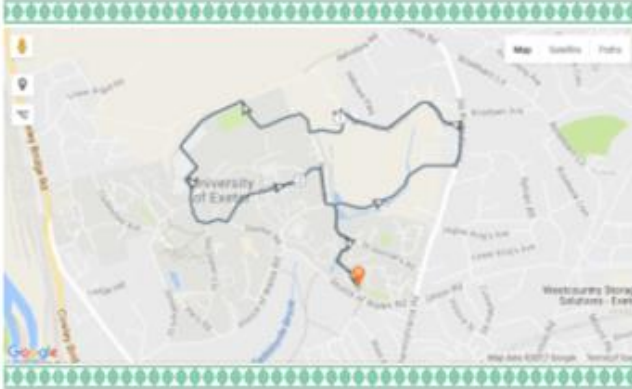
**Length:  
2.5 Miles**

**Walk  
Run  
Cycle**

## Route 2 University Campus and Nature Reserve



**University Campus and Nature Reserve**



**Length:  
2.5 Miles**

**Walk  
Run**

## Route 3 The Quay



**The Quay**

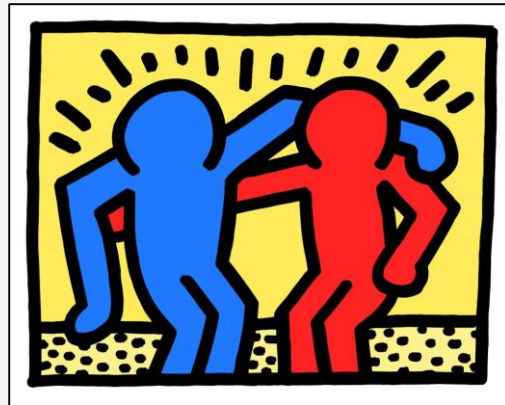


**Length:  
4 Miles**

**Walk  
Run  
Cycle**

# OUR CONSIDERATIONS

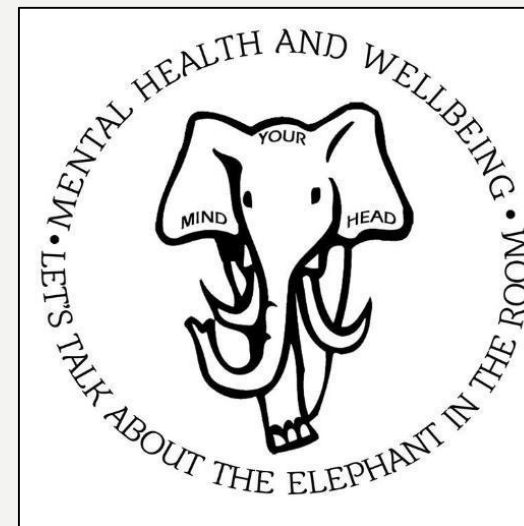
- Choice of language - to avoid dissuading people



- Combining with Mind your Head



- Buddy System - to involve everyone



# INTER-DISCIPLINARY WORK

Communication

Team members from medical sciences, sport, modern languages and business disciplines.


Interdisciplinary output

Shared and combined knowledge and skills



# References

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