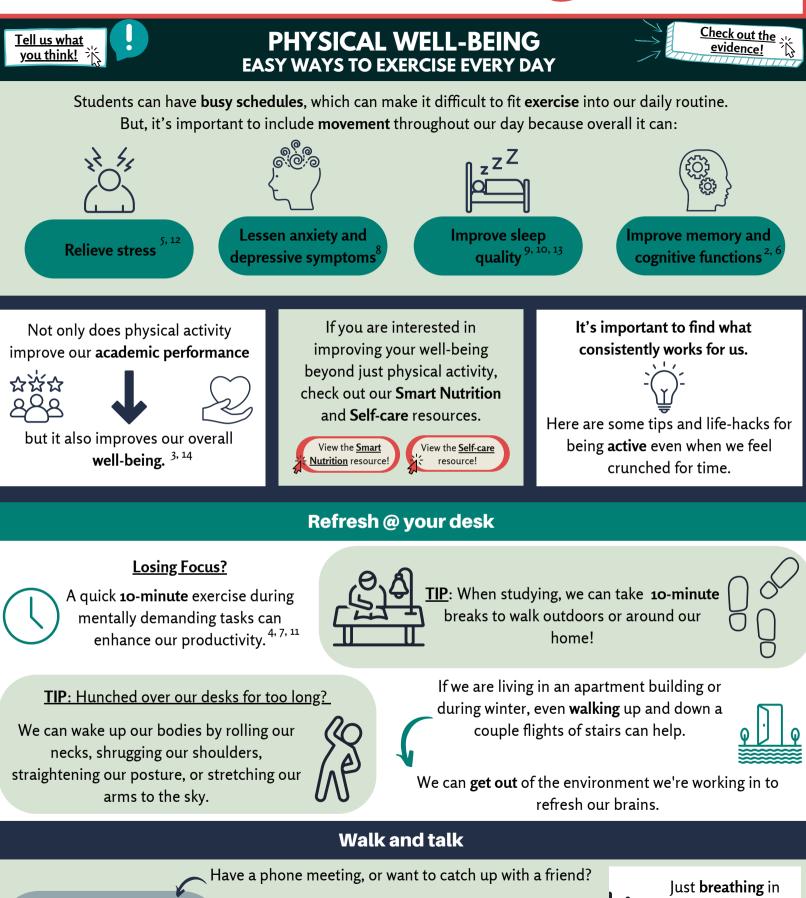
EDUCATION FOR MENTAL HEALTH RESILIENCE



TIP: We can take the conversation on the go by **walking** while we talk.

With both **body and mind active**, we may be surprised to find we are thinking more **clearly**.



some fresh air and

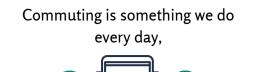
getting some sun

can help us feel

ready to work again.

Change your commute

We can try incorporating exercise into our daily commute.



AD

TIP: We can w**alk** or **bike** to our destination for a quick energy boost, rather than taking a car or public transportation.

so taking advantage of this time to get some **exercise** can help us use that time more wisely! **TIP**: If we take the bus or metro, we can choose to **stand** instead of sitting.

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Or get off a couple of stops earlier to **walk** the rest of the way.



We need to do what works for us! If our commute is too long or difficult, we can try a different tip.

Schedule it in



It can be really easy to **procrastinate** exercising when we feel like we have so much to do.



However, we should still keep **exercise** as a **priority** because the benefits outweigh the difficulty.





TIP: We can **schedule** exercise time into our calendar and treat it like it is a class or important meeting.

This will help make it feel like an important part of our weekly routine.



We need to keep our exercise time **flexible**. We can have a **time frame** (e.g., between 1-3pm) that we aim to workout. <u>Flexibility helps make lasting habits</u>.¹

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TIP: We can schedule in a **back-up day** during the week in case a workout day might be cancelled or something comes up unexpectedly.¹

Start slow

When starting off, it's important to set **realistic goals** for ourselves.

We need to **start slow** and ease into it.

If we set unrealistic goals, then we will be less likely to stick to our routine.



TIP: We can start with **short workouts** (they can be 10-15 minutes). Once we're are able to stick to our routine, we can slowly increase our workout time.



FEEDBACK & CONTACT INFORMATION





<u>View the reference list for</u> <u>this infographic</u>

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