

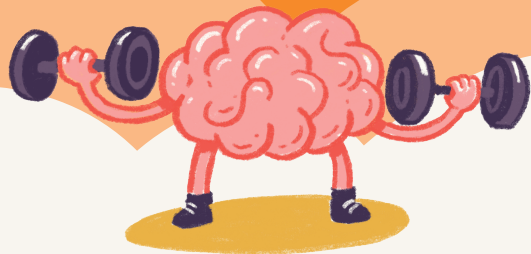
# HEALTH FORWARD

## A PACK FOR PHYSICAL HEALTH

### MENTAL HEALTH AND PHYSICAL HEALTH ARE CONNECTED!

Mental health influences physical health and physical health influences mental health.

For example, exercise is one activity that can help boost mood.



BEING ON MEDICATION FOR YOUR MENTAL HEALTH CAN SOMETIMES CHANGE YOUR PHYSICAL HEALTH.

SOME PEOPLE HAVE EXPERIENCED A LACK OF ENERGY AND WEIGHT GAIN AFTER STARTING MEDICATION.



THIS COULD MEAN THAT YOU MIGHT NEED TO TRY NEW WAYS TO LOOK AFTER YOUR PHYSICAL HEALTH TO COMBAT THESE EFFECTS.

THIS PACK AIMS TO GIVE SOME INSPIRATION AROUND SUPPORTING YOUR PHYSICAL HEALTH, BASED ON WHAT HAS WORKED FOR US.\*

\*Who are we? We are a group of people with a mixture of experience – some of us live with a mental health diagnosis, work in this area, work in a community centre or health centre, and conduct research.

Thanks to:

Katherine Barrett	Sultana Begum Rouf
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PLUS SUPPORTERS WHO ARE NOT NAMED HERE WHO HAVE CONTRIBUTED GENEROUSLY TO THE PROJECT.

### IN THIS PACK ARE:

- What helps? cards - Making changes to support your physical health can be hard, especially if you don't have a lot of energy, these are some things to think about from our experience.
- Idea Cards - A set of cards full of tips that have worked for us. You can add your own too.
- Activities - Two activities to put the thoughts from this pack into practice in your own life.