

Get Set to GO



LOTTERY FUNDED

My plan



Get active,
feel good

Contents

Welcome	3
Mind's Get Set to Go programme	4
Why I want to get active	5
Why being active is important	6
Tips for getting started	7
My goals	9
Jumping my hurdles	11
My notes	12
My key contacts	12
My wellbeing kitbag	13





Welcome

We're really pleased that you've decided to get active for your mental health. There will be opportunities for you to try new activities, have fun and meet new people or to take part in activities at a time and place that suits you. We hope you find an activity that works for you.

Your Get Set to Go plan

Your plan is unique to you. You can use it to:

- > consider what you want to get from being active and set some goals
- > look at what might stop you reaching your goals and identify how you can overcome any hurdles
- > identify the support you may need to stay well and enjoy working towards your goals.

We'd also encourage you to share your ideas with other people who can support you to be active. This could be friends, family or staff and volunteers, so they are better able to support you to reach your goals. The notes section on page 12 provides space to write down questions, ideas and topics you might want to discuss.

For inspiration, we've included some useful tips and ideas on how to increase and sustain your activity levels and where you can find additional support.

If you have any questions then please do ask a member of staff.

Mind's Get Set to Go programme

Mind's Get Set to Go programme is proven to support people to be more active for their physical and mental health. Since the programme launched in 2014, it has helped over 3,500 people with mental health problems across England to be more active, feel more supported and feel more able to cope with challenging events. Thousands of people have accessed Mind's top tips, information, resources and stories from people like you who have just started out. To find out more visit mind.org.uk/getactive

To find out more about how others have benefited from Get Set to Go visit mind.org.uk/GSTGResults

> Direct support

Staff and volunteers will be able to answer any questions you might have and help you find opportunities to be active in your local community.

> Online help

You can also join Mind's online community Elefriends (elefriends.org.uk) to talk to other people who are also using physical activity to support their mental health. It's a great place to share tips and advice, and provide mutual support.

>Top Tip

By trying different activities you have more of a chance of discovering one that you will enjoy and, therefore, one that you will want to keep on doing.

If you enjoy an activity, but find it a little too difficult, let a member of staff know and they can look at how it can be adapted to suit you.



**Running is my therapy;
it's my smile ticket for
the day, or just tames the
dragon back into its cave
so I can function.**



Why I want to get active

To kick off your personal plan, think about the reasons why you want to get active and consider the changes you'd like to see. These don't have to be solely about your mental or physical health – you could include other benefits such as making friends, learning new skills or just having some fun.

My reasons for getting active:

>

The changes I'd like to see:

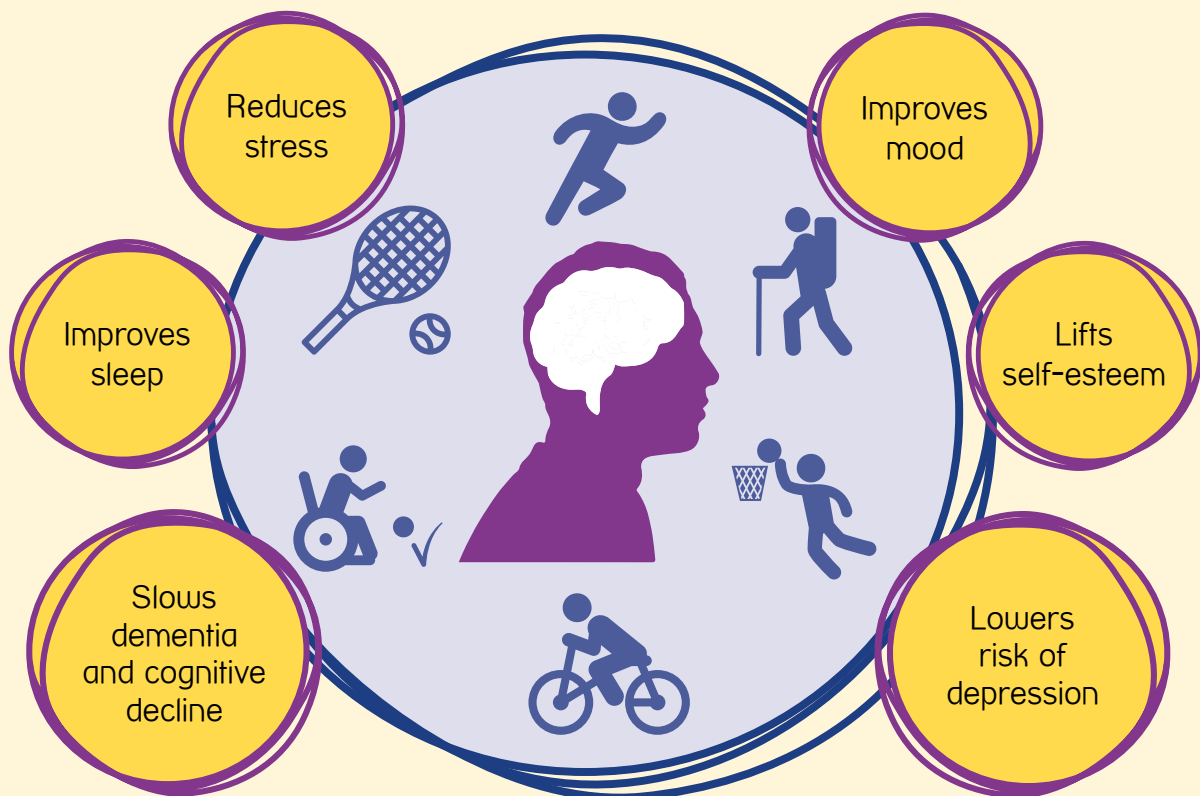
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Why being active is important

We all know that being physically active is good for our bodies. But our physical health and mental health are closely linked – so physical activity can be very beneficial for our mental health and wellbeing too.

People who are more active tell us that it helps them to manage their mental wellbeing through helping them to sleep better, better manage stress and increase their mood through feel good hormones.

Impact getting active has on mental health



Adapted from Sport England (2017)

Being active isn't just great for your health however – there's a whole range of other benefits too:

- > It boosts energy levels.
- > It can help you sleep better.
- > It can improve your confidence.

- > It's an opportunity to learn new skills.
- > You can meet new friends and socialise.

To find out more about how being more active can support your physical and mental health, visit mind.org.uk/sport

> **Top Tip**


However you choose to be active, it is important that it fits into your daily life. Identify the times when you're likely to be able to include some activity, make a plan and try to stick to it.

Tips for getting started

- > Start by trying to sit less. Due to lifestyle factors and technology we all spend more time sitting than ever before. Start to become more physically active by moving more throughout the day. You might set an alarm to prompt you to move or use an app to track your activity levels or get up to talk to people rather than phone or email them.
- > Choose an activity that you really enjoy. Don't feel that you have to stick at something that's not working for you. There are hundreds of activities you can do and you're much more likely to keep doing it if it's fun.
- > Have realistic expectations. If you used to be active in the past remember that age and inactivity can take its toll on fitness levels, so have some realistic expectations about what you can do when you first start.
- > Try to build more activity naturally into your daily routine. For example:
 - > take the stairs instead of the lift
 - > walk or cycle to work instead of driving or getting the bus (if it's too far, see if you can walk or cycle for at least part of the journey)
 - > leave the car at home, walk the children to school and jog home
- > Be patient, and gradually increase the intensity of your exercise as your body adjusts.
- > Remember something is better than nothing and we all have to start somewhere!



How much activity is good for you

 To stay healthy the NHS suggest that adults should do 150 minutes of moderate activity every week.

That's roughly 30 minutes of activity on at least five days, or smaller chunks of activity such as 10 minute bouts spread more frequently over the week. Moderate intensity activity will raise your heart rate and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity is if you can still talk, but you can't sing the words to a song. 150 minutes sounds like a lot, but it can be

broken up into bouts of 10 minutes or, if you prefer, 30 minutes of activity on five days a week.

However, the consensus from health professionals is that any exercise is better than none – and that people who have been inactive shouldn't worry about meeting the target. They should aim to get started by building activity into their daily lives and then increase their activity levels as their fitness improves.

See Mind's information pages for further tips mind.org.uk/getactive

I've recently discovered the gym. There were lots of people around me and I was nervous as hell at first. But I have my headphones on and I'm in my own little world.



My goals



Setting goals can help you to stay motivated and keep track of your progress. Using the principles below will help to make your goals more achievable:

Setting training goals

Specific

Your goal should give you a clear idea of what you want to accomplish. For example: "I want to be able to run for 15 minutes without stopping."

Measurable

Make sure you know the steps involved in reaching your goals – and know when you've achieved them. For example: "By week three, I will be able to run for 10 minutes. By week six, I will be able to run for 20 minutes."

Attainable

Be realistic. Make sure your goals are achievable within the timeframe of the programme. If you're not sure whether they are then you can always discuss them with someone else such as staff or volunteers.

Relevant

Check that your goals match with your reasons for deciding to become active – and that they can be achievable in the timeframe available.

Time-related

It's a good idea to give yourself a timeframe for achieving your goal to help keep you motivated. For example: "In 12 weeks, I want to be able to run for 30 minutes without stopping."

My short-term goals:

What would you like to achieve in the next two weeks?



My medium-term goals:

What would you like to achieve in the next six weeks?

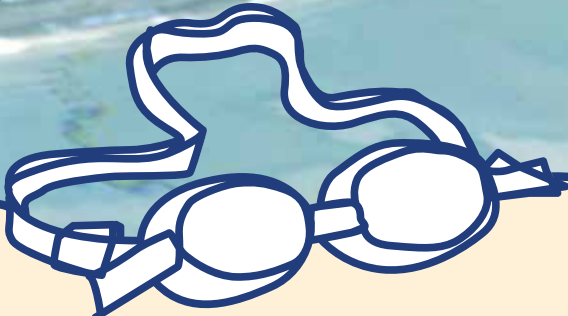


Support I may need

Support I may need



Exercise has certainly helped me with depression. I love setting myself a target then getting out there and achieving it.



My long-term goals:

What would you like to achieve in the next 12 weeks and beyond?

> _____

It's important to note that your goals may change as the weeks pass. You can use the space on page 12 to note down any new goals that arise and how you might achieve them.

Support I may need

Jumping my hurdles

In addition to setting goals it's also a good idea to write down what things might get in the way of you being active and explore how you might overcome them. Hurdles could include:

- > lack of confidence
- > no-one to go with
- > expense
- > lack of time
- > distance to get to sessions
- > poor weather
- > tiredness
- > feeling unwell.

Personal hurdles

>

Support I may need

>

In the spaces above, write down what your personal hurdles might be and the support you might need to overcome them. You may find it useful to try and visualise what you would do to overcome them and write this action below in the form of a personal pep talk, e.g. "If it rains, I will..."

You can see how others have overcome their hurdles to getting active by visiting <http://getsetto.go.mind.org.uk/>

Personal pep talk

When I feel _____	I will _____
When it is _____	I will _____
When I feel _____	I will _____
When it is _____	I will _____



Why not pack your kitbag the night before your session to help you save time the next day. If you feel that sessions might be too expensive tell a member of staff. They may be able to help you find concessions and discounts to help pay for expenses such as travel and also find out where you might be able to borrow equipment.

My notes

This section is a space for you to write down any thoughts, ideas or questions that you may want to discuss with staff or volunteers or any notes on your progress.

My key contacts

Name: _____
Position: _____
Tel. _____

Name: _____
Position: _____
Tel. _____

Name: _____
Position: _____
Tel. _____

Name: _____
Position: _____
Tel. _____

My wellbeing kitbag

It's important to look after your own mental health. Your Wellbeing Kitbag is a space for you to write down the things you do to stay well and the type of support you might like. It may help to share this information with your supports such as friends or family members, staff or your volunteer so they have a better understanding of how they can help you get the most out of getting active.

How do I feel when I am well?
What do I look like?
For example: relaxed; talkative

>

What are the signs I am not feeling well?
For example: tend to be quiet;
not wanting to socialise

>

What steps can I take if I start
to feel unwell?

For example: talk to someone I trust such
as a family or friend, member of staff or
volunteer; take a break from the session

>

What support would I like to help
me stay well?

For example: regular encouragement;
helping me to find activities that interest me

>

¹ The Wellbeing Kitbag is based the Wellness Action Plan developed by Mind, which was inspired by Mary Ellen Copeland's Wellness Recovery Action Plan® – an evidence-based system used worldwide by people to manage their mental health.

What support I may need to stay well

>

If we notice early warning signs that you are feeling unwell - what should we do?

For example: talk to me discreetly about it; provide access to a quiet area

>

>Top
Tip

Being active is one of many ways you can look after your mental health. Other examples include mindfulness, ecotherapy, art therapy and more traditional forms of peer support.

There may be times where you find it difficult to be active, so it's important to have other options in your kitbag that will help to lift your mood. Consider joining Elefriends and look at the different types of local programmes to see if any of them are right for you.

I think exercise is important for all round health. It's certainly a great way to clear your mind and boost those feel good vibes.



Contact

Mind
15–19 Broadway
London E15 4BQ

sport@mind.org.uk
mind.org.uk/getactive

 [@MindCharity](https://twitter.com/MindCharity)

 [@mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)



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