

What's the 'take home' message of all of this?

Use a combination of physical activity and food for good mental health and wellbeing.

Physical activity isn't just for keeping your body fit and strong, it also helps your mind as well!

In fact, regular physical activity has lots of benefits for your mental health. It boosts mood, relieves anxiety and can even help combat depression.

Regular physical activity also helps good gut bacteria grow, it increases the levels of those 'happy hormones', such as serotonin and endorphins, and it also helps the part of your brain that helps you learn and remember things, 'the hippocampus', to grow!

The most important thing is finding physical activity that you like doing, so you are happy to do it regularly.

In other words, a happy gut means a happy mind!

Please remember when looking after your mental health and wellbeing that there are services out there to help you if you are finding it all too much – you don't have to do it all by yourself, **you are not alone.**

Kids Help Line	1800 55 1800
LifeLine	13 11 14
Beyond Blue	1300 224 636
Headspace	1800 650 890

