



EXERCISE YOUR MOOD WEEK 4-12 MAY



Black Dog
Institute



What is Exercise Your Mood Week?



It's well known that exercise can lift your mood.

Research from the Black Dog Institute has even found that just **one hour of exercise a week can help prevent up to 12% of future cases of depression.**¹

We know that not everyone is out there working up a sweat – in fact 56% of Australian adults don't participate in sufficient weekly activity.²

But exercise has so many mental and physical benefits that we need to get people moving!

That's why from the 4-12 May 2019 we're running Exercise Your Mood Week, putting the callout to all Australians to think about their hour of weekly exercise to boost their mental and physical health!

#ExerciseYourMood

1. Harvey, S.B. et. al, 'Exercise and the Prevention of Depression: Results of the HUNT Cohort Study', The American Journal of Psychiatry, 3 October 2017
2. Australian Institute of Health and Welfare, 'Risk Factors to Health: Web report', 7 August 2017



**Black Dog
Institute**



Why Exercise Your Workplace?



1 in 5 Australians will experience a mental illness each year.¹

The Black Dog Institute is a medical research institute and world leader in translational mental health research. We use the latest findings to create new and better mental health treatments, services, education programs and online resources.

Exercise Your Mood promotes physical activity as a strategy for staying mentally well.

Evidence suggests that regular exercise can also be an effective strategy for people living with mental illness.

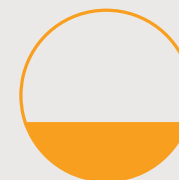


The World Health Organization predicts depression will become the leading disease burden globally by 2030.²

A study led by the Black Dog Institute's Associate Professor Sam Harvey found that one hour of exercise a week could prevent up to 12% of cases of depression.

1 hour out of every 7 days is a small ask - it only takes up 0.06% of the week!

If we encourage all Australians to get involved, we can change behaviour so that we are exercising for both physical AND mental health.



Around 60% of people living with a mental illness don't seek help.³

The Black Dog Institute encourages Australians to seek help for mental health concerns, so that one day it's as commonplace as reaching out for a physical health condition.

For people who are already physically active, meditation and mindfulness can be a great way to start exploring their own mental fitness.

And if they aren't active, exercise may be the necessary ingredient to give their mental health a boost.

#ExerciseYourMood

1. Australian Bureau of Statistics, 'National Survey of Mental Health and Wellbeing: Summary of Results, 2007', 2009

2. World Health Organisation, 'Depression: Fact sheet', March 2018

3. Black Dog Institute, 'Facts and figures about mental health', https://blackdoginstitute.org.au/docs/default-source/factsheets/facts_figures.pdf



**Black Dog
Institute**



How to Exercise Your Workplace

Add extra meaning to your fitness goals and help raise vital funds for mental health. Rally a team and **Exercise Your Mood** together.

1 Join Exercise Your Moodwalk



- Walk 5km or 10km for mental health and bring your friends!
- Register a corporate team and join us in Sydney's Centennial Park on Saturday 4 May 2019.
- Meet our Exercise Your Mood ambassador, Michelle Bridges, and fundraising a minimum of \$100 for mental health.

Register now >

2 Create your own team fundraising event



- It could be anything – **power yoga**, a mental health **webinar**, a **plane pull**... Get creative!
- **Take donations to participate**
- **Start your own event page**

EFT
Black Dog Institute
BSB: 082 360
Acc: 547 392 802

To receive a receipt, please email
fundraising@blackdog.org.au and
quote the reference used in your deposit.

Share your story and make
it easy for your supporters to
contribute.

Set up page >

#ExerciseYourMood



**Black Dog
Institute**



Spread the word

Resource hub

We'll help you get the message out to your employees and customers with:

- Tips to exercise your mood | [watch video](#)
- Print and digital posters | [download](#)
- Social media tiles | [download](#)

Get social

Share Exercise Your Mood resources by using the hashtag **#ExerciseYourMood**

You can use the resources listed above or spin it your own way – we are happy to bounce ideas around with you!

Most importantly, send people to exerciseyourmood.org.au so they can learn what it's all about!

#ExerciseYourMood





Helping others get help

You may find that some of your followers respond to you with their own mental health challenges, and this is a chance to be a strong role model. Nobody expects you to solve their problems, but you can provide some excellent advice to set them on the right path.

- 1 Show empathy for their concerns and acknowledge that they are going through a tough time
- 2 Reassure them that there is help available
- 3 If they seem to be in immediate danger, urge that they call emergency services 000
- 4 Otherwise, provide them with details to any of the below services. For more information about seeking help for mental illness, point them in the direction of the [Black Dog Institute 'Getting help' page](#).

Phone services



Lifeline | Aus: 13 11 14 | NZ: 0800 543 354

Kids Helpline | 1800 55 1800

Mensline Australia | 1300 78 99 78

Suicide Callback Service | 1300 659 467

beyondblue | 1300 22 4636

GriefLine | 1300 845 745

Online services



[Black Dog Institute](#) - resources for common mental health conditions

[ReachOut](#) - support for young people

[eHeadspace](#) - support for young people

[Q Life web chat](#) - support for people who identify as LGBTQI+

[Suicide Callback Service](#) - online counselling

[beyondblue](#) - online counselling (3pm-12am daily)

#ExerciseYourMood





Find out more

For more information and resources:

- visit exerciseyourmood.org.au
- email corporatepartners@blackdog.org.au

Partner with us

We collaborate with our Corporate Partners to take a leadership role in championing mental health to their employees and customers. We believe in understanding the business problem our partners are trying to solve and delivering tailored, bespoke and innovative partnerships that directly help those who are experiencing mental illness.

For more information, please call:

Tasman Cassim, Corporate Partnerships Manager | m: 0404 143 790

Workplace education and training

Our evidence-based workplace mental health and wellbeing programs promote mental wellbeing, increased staff engagement and greater productivity. Customised to meet our clients' objectives and business contexts, our education and training programs are available face-to-face and online.

[View our workplace programs](#)