

# Useful information about my mental health and physical activity

## Physical activity is good for me

- It helps my performance at school
- It improves fatigue
- It helps my mood
- It reduces symptoms of stress and anxiety
- It can help my concentration
- It improves my self-esteem

## There are things you can do to help

### **Talk to me about my concerns about being physically active:**

- I may be feeling nervous
- I may have concerns around my appearance
- I may have low motivation
- I may find being physically active difficult
- I may have concerns about not being good at it

### **It would be helpful if you could take my concerns into account, which may allow me to feel more comfortable when being physically active.**

- If I am new to exercise, I may need to build up gradually
- Talk to my parent or guardian if you have any questions or concerns
- Help me to come up with solutions with regards to my concerns



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