# Rolling workshop: physical activity and mental health resources

## NICE Depression guidance

[https://www.nice.org.uk/guidance/cg90#](https://www.nice.org.uk/guidance/cg90)

## Sport England

Sport England coronavirus survey 2020:

[www.sportengland.org/know-your-audience/demographic-knowledge/coronavirus#research](http://www.sportengland.org/know-your-audience/demographic-knowledge/coronavirus#research)

## Inflammation and depression

Edward Bullmore article

<https://www.theguardian.com/commentisfree/2020/jan/19/inflammation-depression-mind-body>

## Effects of physical activity on depression and anxiety

Wegner, M., Helmich, I., Machado, S., E Nardi, A., Arias-Carrion, O. and Budde, H., 2014. Effects of exercise on anxiety and depression disorders: review of meta-analyses and neurobiological mechanisms. *CNS & Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS & Neurological Disorders)*, *13*(6), pp.1002-1014.

<https://pubmed.ncbi.nlm.nih.gov/24923346/>

## Habits

Gretchen Rubin

<https://gretchenrubin.com/books/better-than-before/about-the-book/>

Sam Harris and James Clear podcast

[Podcast link](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwil5JfGrO3pAhU3REEAHT-wCzEQFjAAegQIBBAB&url=https%3A%2F%2Fsamharris.org%2Fpodcasts%2F200-creatures-habit%2F&usg=AOvVaw0SBXOGlC9CzFefvjXbdwtH)

Book summarising some of what we know about how to build habits by book by Owain Service & Rory Gallagher from the UK Behavioural Insights team

[Think Small](https://www.bi.team/blogs/think-small-to-reach-big-a-new-book-by-owain-service-rory-gallagher/)

# Resources to use at home

[NHS England website](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)

[NHS Coach to 5k](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

[Do Yoga With Me](https://www.doyogawithme.com/)

[Cool Walks Southwark](https://www.southwark.gov.uk/transport-and-roads/active-and-independent-travel/walking/maps-and-trails/walking-maps)

[Southwark Council & Everyone Active free swim and gym](https://www.everyoneactive.com/southwark-free-swim-gym/)