MENTAL HEALTH QUIZ

QUESTIONS:

1. On how many days a week should you aim to be active for at least 30 minutes?
   - None  
   - 2 days  
   - 5 days  
   - Everyday

2. I can't manage to do exercise for 30 minutes so there is no point in doing any at all?
   - True  
   - False

3. Being physically active can have a profound effect on your mood?
   - True  
   - False

4. Joining a group who are active is a good way to meet new friends?
   - True  
   - False

5. After exercise you are better able to cope with the stresses and strains of life?
   - True  
   - False

6. To be active requires a lot of effort?
   - True  
   - False

7. You need to have a lot of energy if you want to exercise?
   - True  
   - False

8. Exercise can be as effective as medication in treating depression?
   - True  
   - False

9. I was never any good at sports so there is no point in starting now?
   - True  
   - False

10. You need a lot of free time to be physically active. I'm too busy.
    - True  
    - False
ANSWERS:

1. On how many days a week should you aim to be active for at least 30 minutes?
The minimum amount of physical activity for adults is 30 minutes on five days of the week and the minimum amount of physical activity for children is 60 minutes of physical activity every day of the week.

2. I can't manage to do exercise for 30 minutes so there is no point in doing any at all?
   False. Even if you can only manage a couple of minutes it is worth doing.

3. Being physically active can have a profound effect on your mood?
   True. Studies show that exercise stimulate the brain to release endorphins which contribute to a feeling of happiness and wellbeing post exercise.

4. Joining a group who are active is a good way to meet new friends?
   True. In a group you will always find someone you have something in common with. Sharing an interest helps to break communication barriers.

5. After exercise you are better able to cope with the stresses and strains of life?
   True. After focusing on exercise your mind will have had a chance to relax. Your brain will also have an increase in oxygen due to greater blood flow and this will help you look at problems in a different light.

6. To be active requires a lot of effort?
   False. You don’t need to have any special equipment or buy expensive clothing or shoes. You can decide to walk right now!

7. You need to have a lot of energy if you want to exercise?
   False. Being active actually increases your energy levels. You will also sleep better which in turn will make you feel more like exercise.

8. Exercise can be as effective as medication in treating depression?
   True. Studies show that exercise can be effective in treating depression. You should always check with your GP or health professional for advice. Exercise is often recommended as part of a treatment programme for depression and other mental health conditions.

9. I was never any good at sports so there is no point in starting now?
   False. It is never too late to start exercising and it doesn’t have to be a sport. Find something that you like and start slowly. Walking is an ideal activity to start with and everybody can do this.

10. You need a lot of free time to be physically active. I’m too busy.
    False. You can look to ways of fitting in exercise as part of your daily routine eg. Cycle some or all of the way to work; get off the bus a stop or two before your normal stop and walk; get a home exercise video.