

Active Healthy Minds

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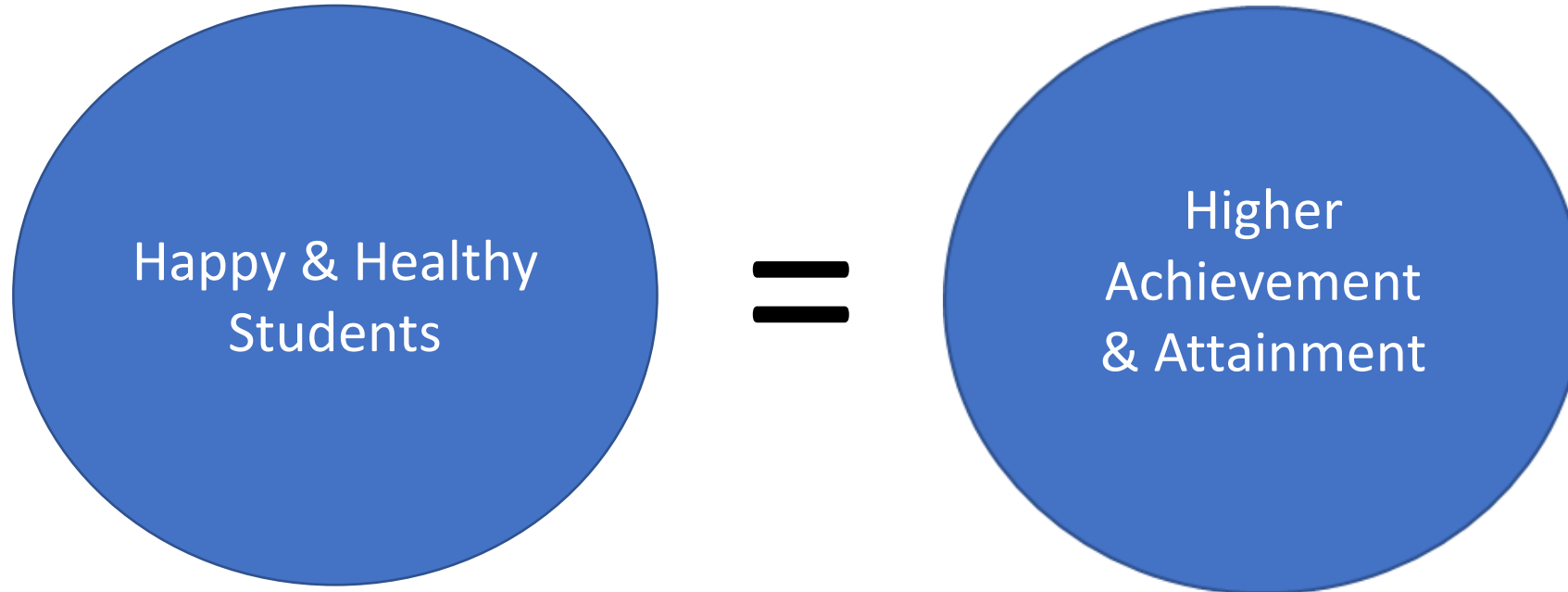
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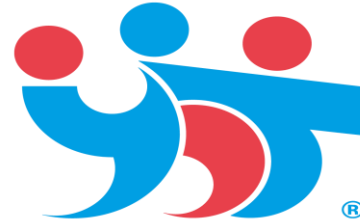
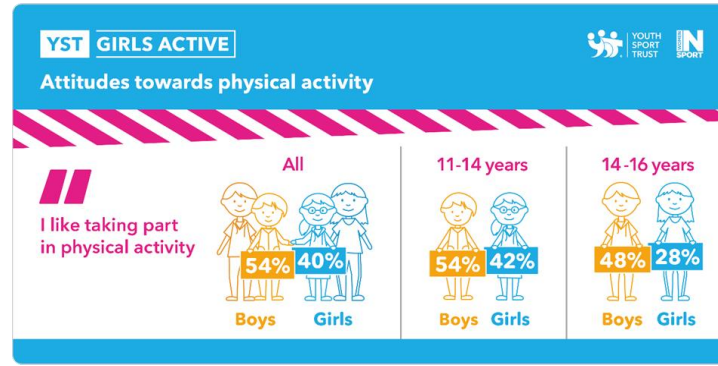


Challenges

- How do general physical & mental health issues impact on your students' learning?

How effectively are you using physical activity,
not just in PE, to improve outcomes for your
students?



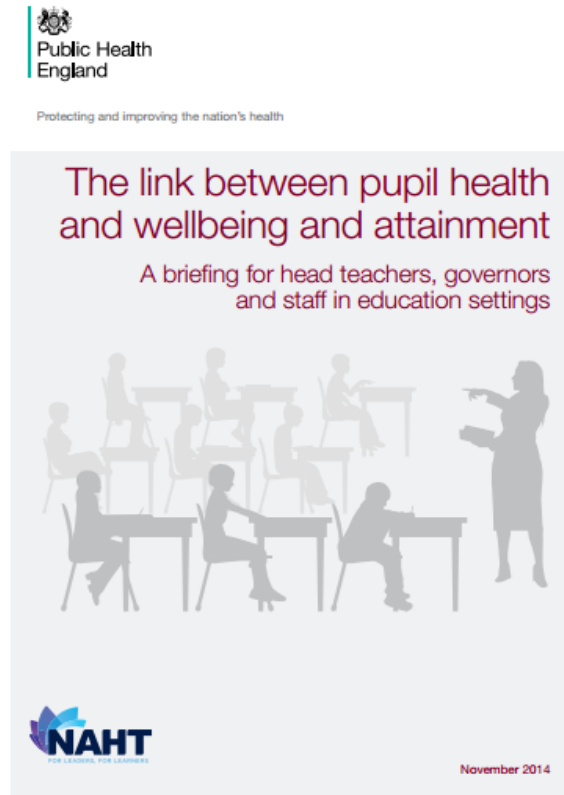


**YOUTH
SPORT
TRUST**



State of the nation: TRUE OR FALSE

Linking health & education outcomes



- Pupils with better health & wellbeing are likely to achieve better academically
- A positive association exists between academic attainment and physical activity levels of pupils
- Effective social and emotional competencies are associated with greater health & wellbeing, and better achievement
- The culture, ethos & environment of a school influences the health & wellbeing of pupils and their readiness to learn

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www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment



Fit for life, e.g. strength, balance, flexibility, coordination



More energy

Improved cognition: concentration and memory



Sleep better



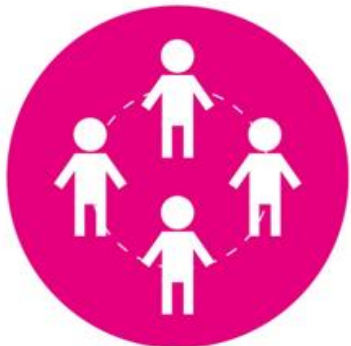
Improved cardio-vascular health/ lower risk of long-term disease



Happier/ higher self-esteem



More confident



Increased belonging/ better social skills



Better attendance/ greater engagement

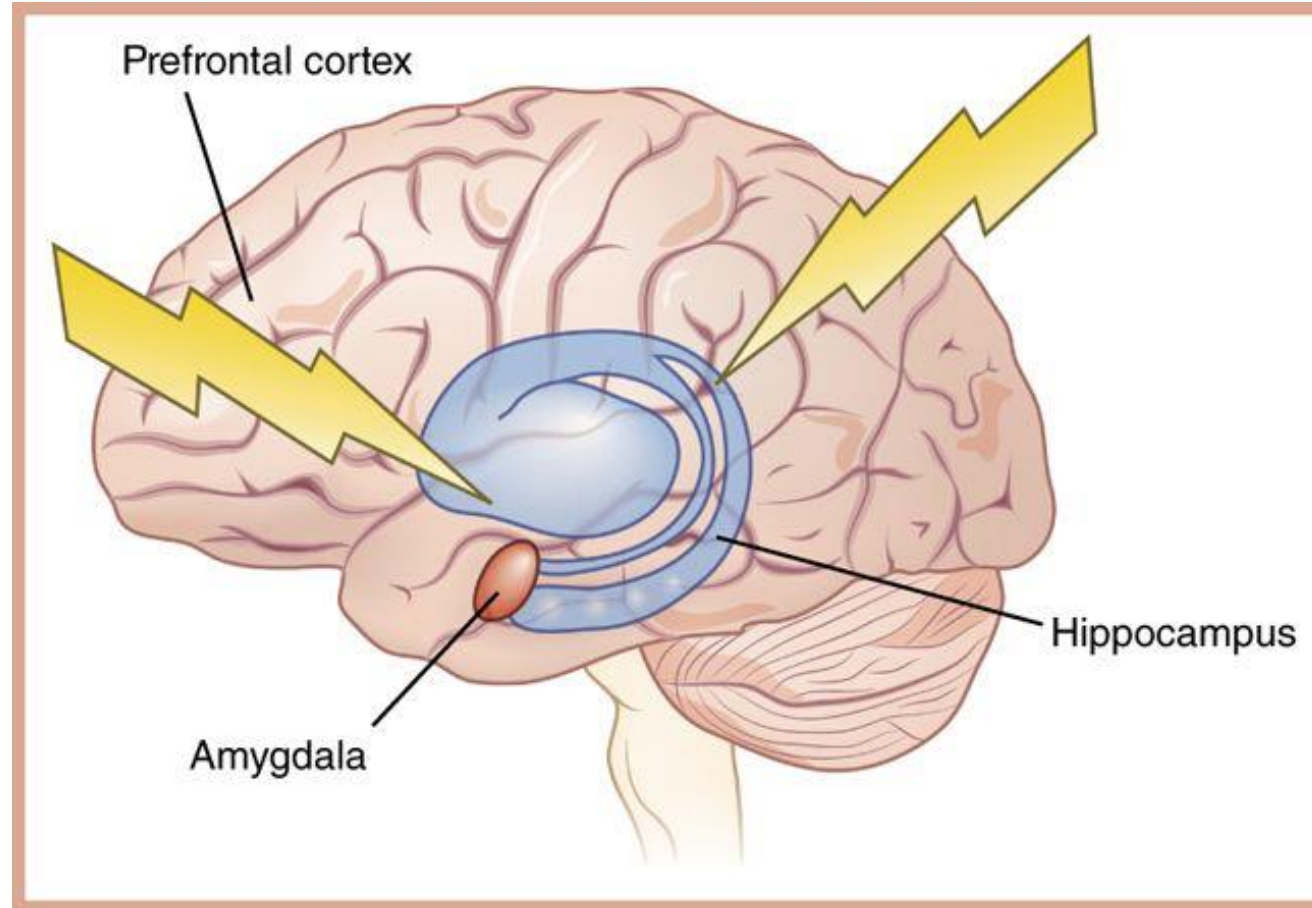


Increased achievement

Healthier weight



The brain when stressed



NEUROPLASTICITY

The brain is capable of change based on experience

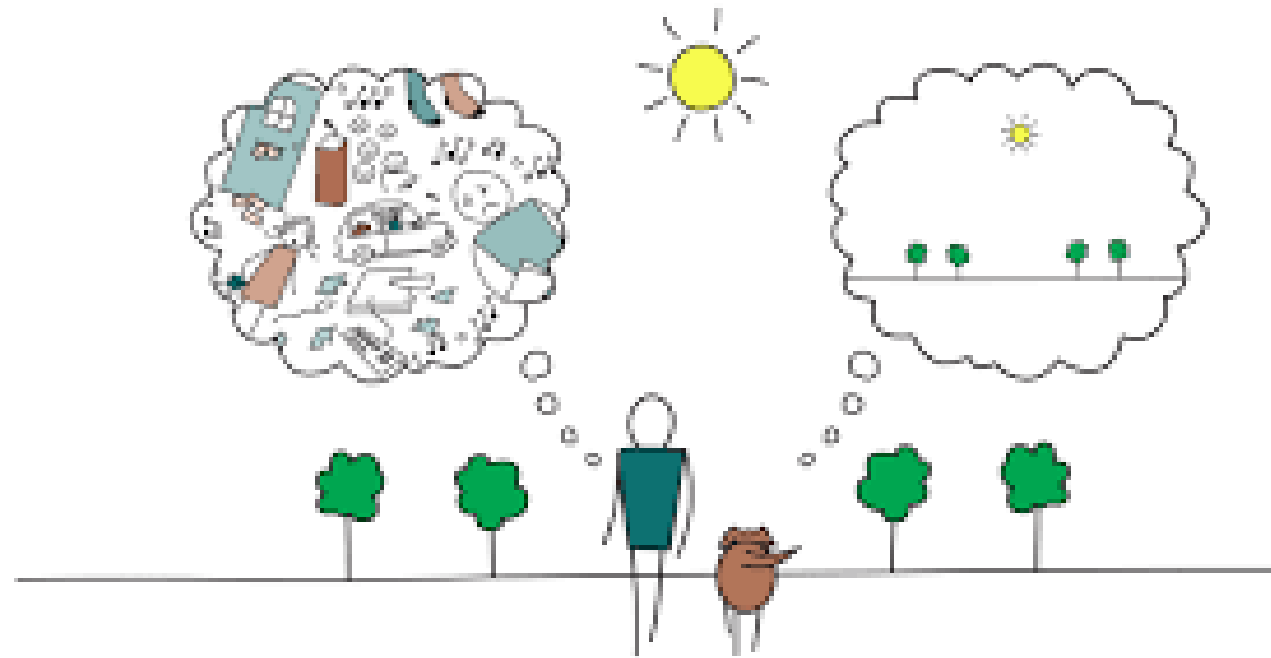
Using movement to regulate emotion

- Quantitative changes in motor behavior = Autonomic Nervous System activation.
- Qualitative changes in motor behavior = proprioceptive input changes.
- Muscle based activation strategies induce different emotional states.

Automatic Negative Thoughts – watch not just our words but the way we express them.



“If you want to conquer the anxiety of life,
live in the moment, live in the breath”



Mind Full, or Mindful?

Mindfulness and management of our breath positively impacts our ability to learn, how well we manage our emotions and how our body responds to situations

This determines not only our immediate outcomes but our risk of underachieving and acquiring both physical and mental illness

What will you change after
today?

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