

## **It's OK not to be OK.**

The last 12 months have taken their toll on our businesses, our families, and our relationships, it's been tough, there's no doubt about that.

We have learnt to appreciate what's important to us, to reevaluate our lives, and to build communities once more.

Some of us will in fact have emerged from lockdown Britain with renewed positivity. However, the reality is during such uncertain times, many of us will experience loss, isolation, and anxiety.

Mental health charity, Mind ran a survey to understand the impact of the Coronavirus pandemic on people's mental health, and unsurprisingly more than half of adults (60%) and two-thirds of young people (68%) said their mental health got worse during the lockdown. [\*The Mental Health Emergency\*](#)

Mental Health is the largest single cause of disability in the UK, representing an estimated 28% of all diseases, and affects one in four adults in any given year [NHS](#), so if you are feeling low, struggling to get out of bed in the morning, know you are not alone.

### **So where does physical activity come into this?**

It is well documented the positive effect physical activity has, not only on our physical but also our mental health. Exercise releases endorphins that boost our self-esteem, improves our confidence, and reduces tension & stress.

There is also the social support, we receive through being a member of a gym and exercising with others. A gym for many is, in fact, a sanctuary in our otherwise hectic daily lives.

How many times have you left the gym, feeling like you had more energy than when you went in? Yes...it is true, exercise is, in fact, good for us! We feel better for it, and we need to keep active.

However; this is all well and good, and staying active will help some people, but not everyone. Worries are real, you may be worried about finances, family, work, or a loved one who's on their own. It is OK not to be OK.

We are all different, and we all react to stress differently. If you have been struggling with your mood, stress, anxiety or even sleep, visit the #EveryMindMatters mind plan to get your personalised mental well-being, action plan. [Mind Plan](#)

Help and support is also available, 24 hours a day, 7 days a week, through the Lincolnshire NHS helpline 0800 0014 331

### **How can LeisureSK help?**

Firstly we are thrilled to confirm that our indoor fitness classes will resume from next week, providing you with more opportunity to exercise. We are also currently running a Refer a friend membership offer, so if you are a current member and know someone who needs a helping hand to take that first step, now is the perfect time. Find out more about our [Refer a Friend offer](#)