

Mental Health Benefits of Physical

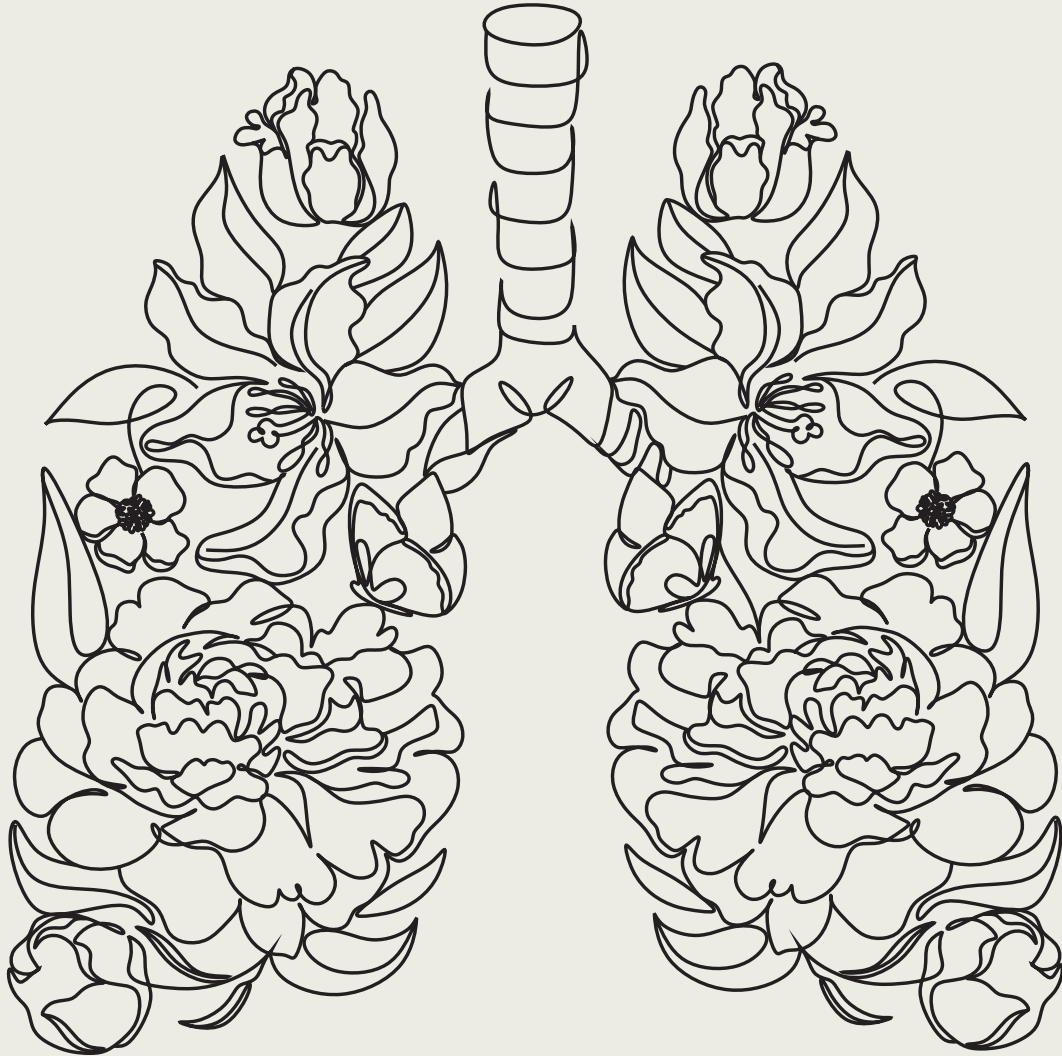
Activity

• Reduces depression

• Sharpens memory

Increases creativity • Reduces anxiety • Increases social engagement

Improves self-esteem • Increases confidence • Improves coping ability



Movement based therapeutic interventions including walk and talk therapy offered at Soul Simple Counselling.