

# THE LINKS BETWEEN EXERCISE AND MENTAL HEALTH (OPEN UNIVERSITY) LEVEL 1



## COURSE OVERVIEW

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Each year thousands of pounds are spent on medications to treat conditions such as anxiety and depression. These medications often have negative side effects. Exercise is an alternative treatment that is low cost and has few side effects. In this free e-learning course, Exercise and mental health, we will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood.





## WHO IS THE COURSE FOR?

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- Anyone wanting to gain a greater awareness on the benefits of physical activity to improve mental health

## DURATION & COST

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This course is self-paced and lasts approximately 2 hours. Learners can stop and leave at their convenience

This course is free to access for 30 days upon registration

