



KEEPING THE **BODY** in **MIND** program



Eastern Suburbs Mental Health Service
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Health
South Eastern Sydney
Local Health District

What is 'Keeping the Body in Mind' (KBIM)?

Keeping the Body in Mind (KBIM) is a program run by South Eastern Sydney Local Health District that aims to support **young people and adults** experiencing mental health distress or concerns to improve their physical health and wellbeing.

As a participant in 'Keeping the Body In Mind' you will be supported by the team at your local Community Mental Health Centre to make lifestyle choices that can help improve your physical health.

The KBIM team will also help you to keep track of your physical health and how your body is responding to the changes that you make.



What can KBIM offer me?

If you are a current consumer of mental health services in South Eastern Sydney Local Health District, you will have the opportunity to meet with the KBIM team, who can support you to make positive changes in your life and physical health. Just speak with a member of your mental health team to find out more.

You will have access to:

- **Exercise programs and education**
- **Outdoor activities**
- **Personal nutritional advice**
- **Information about health and wellbeing (including stress, sleep, sexual and dental health)**
- **Quit smoking program**
- **Cooking classes**
- **A chance to meet other people**
- **One-to-one peer support and encouragement**

These tools can help you learn new skills, help empower you to make healthy lifestyle choices and improve your wellbeing.



Why do I need this service?

When you are going through mental health challenges in your life, you can also struggle with looking after your physical health and wellbeing. Sometimes the motivation you need to lead a healthy and active lifestyle can be difficult to find.

Medications that you are prescribed can also sometimes put you at risk of gaining weight, especially when you first start taking them. You might also notice strong hunger cravings. However, gaining weight can lead to an increased risk of heart disease, diabetes and other complications that are not good for your physical health, and can get in the way of things that are important to you.

But it doesn't have to be this way.

Our goal with the 'Keeping the Body in Mind' (KBIM) program is to help you improve your physical health and wellbeing, and avoid or reduce health complications.

We do this by supporting KBIM participants to make healthy lifestyle changes such as becoming more active, improving your sleep and stress levels, quitting smoking and eating nourishing food.



"This is an excellent way to come back to life"

Jess, Previous Participant

The KBIM team includes:



#7297229

- A **Clinical Nurse Consultant** who will help you to decide what changes you would like to make and keep track of your physical health.
- An **Exercise Physiologist** who can support you to find ways to be more active and enjoy keeping fit. This can include both individual and group activities.
- A **Dietitian** who can help you to make positive changes with your food choices and teach you new cooking skills.
- A **Peer Support Worker** who has a lived experience of mental health concerns, and can support and encourage you along the way.