

SSSB:S WORK ON PHYSICAL HEALTH FOR MENTAL HEALTH

- Andreas Pettersson Rosendal is my name and im a real a state manager at SSSB
- SSSB Decided late 2019 to really focus on mental health during 2020 which I became responsible for
- We agreed to focus on fysical activities since studies show`n that the fysical health has a positive inpact on the mental health.

RUNNING RACE, STUDENTS MOVING4HEALTH

- Raise the awareness towards the huge problem with mental health on young people
- Working together with Stockholms biggest studentunions Södertörns University, Stockholms University and Royal Institute of Technology throughout the whole process.
- SSSB suppliers sponsoring the race by bying their spot in the race and raising money and donating to helporganisationTilia towards concrete activities on mental health on students
- 700 students parcipited digital all around sweden, ended up raising 135 000sek donated to Tilia who used it for digital workshops on mental health towards students

RUNNINGRACE, STUDENTS MOVING4HEALTH

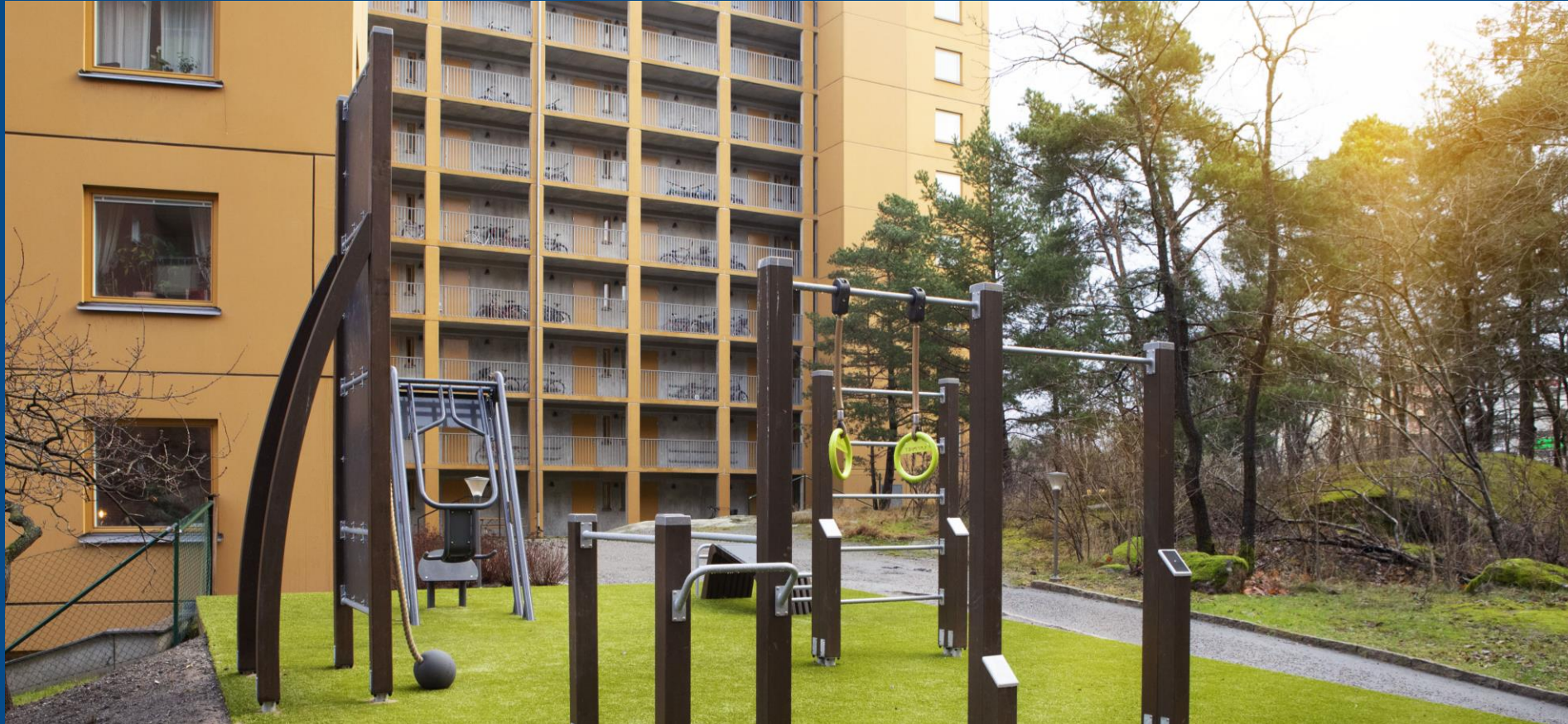




OUTDOOR GYMS I OUR AREAS

- The purpose was to increase the opportunities to exercise in our areas.
- Creating opportunities to social meetings and to exercise in a safe environment.
- Therefore the outdoor gym is placed centered in our areas
- Great feedback from the students who really uses them so far and love the location of them!

OUTDOOR GYM IN STRIX/SOLNA





OUTDOOR GYM LAPPIS







RUNNINGGROUPS IN OUR AREAS

- We have started up runninggroups in our areas
- Sent out an form of interest regarding beeing a runningleader to our tenants, got over 70 positive answers
- Helped leaders with informationmaterial for them to send out in there social channels
- Focus on the social and safe aspect and not the running/jogg or walk once a week
- In ongoing progress on 11 of our 16 areas. Great feedback from students who just have the social aspect in mind



TIME FOR A **RUN!**

TOGETHER - AT YOUR OWN PACE

Want to socialize, establish contacts and exercise at the same time? Then I have the perfect thing for you!

My name is and I am a running leader here in your area. I want to invite you all to join my running group! We will meet once a week and you can run at your own pace, most important to us is to have fun while we are exercising.

If you want to join the running group or just want to know more about it, you can contact me at

Join "SSSB Running Group - Embla" on Facebook! / askman@live.se

Happenings
STOCKHOLMS
STUDENTBOSTÄDER



SSSB PADEL

- Another opportunity to meet new people and at the same time exercise
- Open for all tenants living at SSSB
- Tournaments between our areas to increase social meetings
- Able to book a your spot and not a court – great opportunity to new meetings
- Also placed centered in our areas for social and safe experience

PADEL COURT IN PROGRESS



SSSB PADEL COURT IN PROGRESS



- We, SSSB are really proud of our work on the mental health we have done and the activities we achieved and looking forward for it to continue
- The Students are super happy for the increased opportunities, to in a safe and social way being able to exercise near home
- We really hope this will help the students in some way. Even if we only help one or a few that's enough for us! It's time we take this problem for what it really is, Huge!
- Thank you!
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