

Your guide to the MENTAL HEALTH & WELLBEING SIG at ISBNPA 2026

We're excited to connect, learn, and collaborate in Cádiz, Spain. Here's where you can find the Mental Health & Wellbeing SIG presentations, social event, webinar, and more!



MISSED OUR WEBINAR? WATCH THE RECORDING!

Thank you to everyone who joined our first webinar for 2026 exploring community-based physical activity interventions for mental health.

Whether you work in **research, policy, or practice**, this webinar offers the rare opportunity to hear from voices operating across all three.

You can now watch the recording on demand.



WATCH THE RECORDING

WEBINAR SPEAKERS



Professor Joseph Firth
University of Manchester, UK



Dr Gareth Jones
Sheffield Hallam University, UK



Matt Waugh
Registered Mental Health Nurse
Central and North West London NHS
Foundation Trust, UK



CONGRATULATIONS TO OUR 2026 CONFERENCE TRAVEL FUND AWARDEE!



Myriam Lacoursière
PhD Candidate in Physical Activity Sciences
Université du Québec à Trois-Rivières (UQTR)

*"Defining Intuitive Movement:
Toward a Wellbeing-oriented
Perspective in Physical Activity"*

 **Date:** Friday, 29 May, 2026

 **Time:** 14:15

 **Room:** Room 6

We are delighted to support Myriam's participation at ISBNPA 2026 and look forward to her presentation and contributions to advancing research and practice in physical activity and mental wellbeing.



MENTAL HEALTH & WELLBEING SIG PRESENTATIONS

WEDNESDAY
MAY
27

-  **15:30 – 16:45** 
Awards 1 AA.01 | Auditorium
Cancer Prevention and Management /
Mental Health and Wellbeing
-  **#1076 Kathryn Hesketh –**
*Active Play, Restraint and Screen Time are
Associated with Mental Health Outcomes
in British 1–4-year-olds*



THURSDAY
MAY
28

-  **14:15 – 15:35** 
Dare-to-share DS.1.01 | Room 8
*Meditation practices in the school health
promotion program, SI! Program*
-  **15:45 – 16:15** 
One-to-Watch 3 | Room 3
*Can Physical Activity Improve Youth
Mental Health? From Evidence to Practice*

FRIDAY
MAY
29




-  **12:00 – 13:20** 
Orals O.2.22 | Multipurpose Room
*Mental Health and Wellbeing –
Mental Health, Nutrition, and Movement:
Integrative Approaches to Wellbeing*
-  **14:14 – 15:35** 
Short Orals SO.2.15 | Room 6
*Mental Health and Wellbeing –
Mind, Body, and Technology: Emerging
Strategies in Mental Health Care*

SATURDAY
MAY
30

-  **10:00 – 11:20** 
Short Orals SO.3.31 | Room 6
*Mental Health and Wellbeing –
The Ecology of Wellbeing: Promoting
Mental Health in Education, Work, and Nature*



JOIN US! MENTAL HEALTH & WELLBEING SIG SOCIAL EVENT

-  Thursday 28 May 2026
-  6:30 pm
-  Meeting point: Palacio de Congresos de Cádiz
(Conference Venue Main Entrance)

Join fellow SIG members for an evening walk around Cádiz and tapao (or tapas hopping) through the city's historic streets. This is a wonderful opportunity to connect with fellow Mental Health and Wellbeing SIG members, reflect on ISBNPA experiences, and take in the beautiful sights of Cádiz.



JOIN OUR WHATSAPP GROUP!

Stay connected with the Mental Health & Wellbeing SIG community throughout ISBNPA 2026.

