

Mental Benefits of Sport

Sport is always associated with physical benefits however it also has a positive affect on mental health. Here are 7 mental benefits of sport.

Improves Mood

Sport provides social benefits allowing you to connect with teammates and friends in a recreational setting. Sport can bring happiness in many different forms enjoyed as an individual or in a team.

Improves Concentration

Regular physical activity helps to keep your mental skills sharp. Some sports require quick thinking, judgement and a chance to continuously learn new skills.

Reduces Stress

Sport is a great distraction from daily stresses. Exercise reduces stress levels and stimulates the production of endorphins.

Improves Sleep Habits

Sport and other forms of physical activity improve your quality of sleep. An improved sleep can improve your mental outlook the next day.

Boosts Confidence

Sport can help to boost confidence and inspire motivation within.

Leadership

Team sports can enhance leadership qualities and improve communication skills.

