

# Positive Mental Fitness

## Positive Benefits of Sport

- Positive Attitude
- Enhanced self-confidence and positive self-belief
- Development of Good Communication skills
- Making Boundaries/ Setting Limits together
- Strong sense of community/belonging
- Opportunities to socialise in a safe environment
- Reduced feelings of anxiety and increased well-being
- Reduced stress and depression
- Improved mood and concentration
- Opportunity to make new friends
- Developing social skills



## Looking after your Mental Fitness

**Talk to your Friends:** If you have something on your mind; get it off your chest and talk to a mate – don't bottle things up

**Eat well:** Try and eat a balanced diet and avoid sugary food and drinks which can pick you up short term but have no health or energy benefits. Good Food can = Good Mood

**Take "Time Out" for yourself:** Your time is important – be it an activity, a run, chilling out watching a DVD or your favourite show – Try to have something to look forward to each day – no matter how big/small

**Get Active:** It's great if you are part of a club, but you don't have to be. You can join a gym, going running with friends, go walking – do an activity where you set your own goals and objectives – boost your self-esteem and confidence

**Be aware of all the services on your doorstep:** The New Lodge has lots of great groups who can help with a range of things from Mental Health, Debt Management/Benefit Entitlement, CVs, Employment & Learning, Education, Trauma etc. – IF you know your options you can make BETTER CHOICES

