

SPORTS: A VITAL COG IN LEVELLING MENTAL HEALTH

by:

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According to ActiveNorfolk.Org., a news edition on May 07, 2021, sports improve general well-being and extend other advantages. Enthusiasts might take pleasure in performing games because they can use the moment with their buddies and colleagues or take it to make themselves fit. Sports promote mental health too.

Sports activities soothe the mind, bolster muscular tissue, and develop whole well-being.

In the advent of the worldwide pandemic, quarantine protocols were imposed on all areas including sporting venues. All sporting events were stopped. Life circled around the corners and walls. Physical movement was reduced. Virtual life began to flourish but nothing can deny that mental stability was affected by the sudden stoppage of activities, especially sporting events.

Almost two years passed, protocols were lightened, and quarantines began to be lifted. People start to move and play games little by little. Balls start to bounce around the gymnasiums. Tracks began to sweat with running shoes. Smiles and laughter echo the streets as sports enthusiast crowds the ground.

But what plays sports a vital ingredient in maintaining healthy mental health? Let's break down some of the key factors about it.

Sports Generate an Optimistic Atmosphere. Playing with friends and acquaintances makes one feel elated. The excitement of the game helps you calm down

and relaxed. The concentration you put in the game removes negative vibes. A team event gives the chance to loosen and participate in a rewarding challenge.

Sports fight Stress and Depression. Jogging around the oval, biking treacherous cliff, dribbling back and forth, or spiking high toss, consistent body movement relieves our mind from thinking unwanted thoughts. Endorphins are released creating our body's sense of high and making anxiety and sadness low.

Sports Checks Weight Balance. Most people aspire to a fit bud while others want to reduce or increase mass. Sports balance in for you. Weight affects our mental health. Our state of thinking towards ourselves and others. Living fit through sports activities alleviates your mind from thinking about health ailments like hypertension, high cholesterol, and the like.

Sports taps Confidence.

The way you look at yourself may affect the way you think and act. Also, the same with how people perceive you as you perceive them. Confidence is the defining factor.

Sports also knock on one's self-confidence. Regular engagement with other people in the game develops your trust in others and yourself. As you harden your strengths and stamina you also develop your skills. Sport offers you a feeling of understanding and self-control, which often translate to a sense of dignity and self-certainty

References:

<https://www.activenorfolk.org/2021/05/mental-benefits-of-sport/>