

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



Sport
Northern Ireland



Looking after your Mental Fitness

Talk to your Buddies: If you have something on your mind; get it off your chest and talk to a Buddy– 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 = Good Mood

Take "Time Out" for yourself: Your time is important – be it an activity, a run, chilling out watching a Movie 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 can do other active things. 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: Your Community has lots of great groups who can help with a range of things from Mental Health, Physical Health, Employment & Learning, Education, Trauma etc. – IF you know your options you can make BETTER CHOICES

Lifeline

0808 808 8000



**Public Health
Agency**

ChildLine
0800 1111

