



# BENEFITS OF SPORTS IN CHILDREN'S MENTAL HEALTH

## What Is mental health In children?

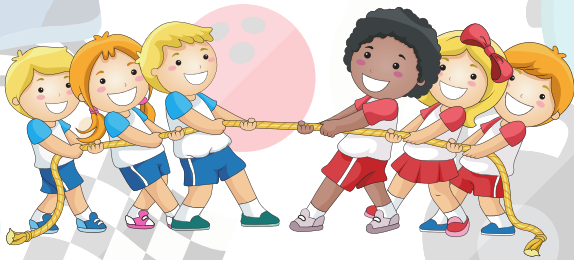
- Reaching developmental & emotional milestones
- Learning healthy social skills
- Learning healthy coping mechanisms

### Possible symptoms

- Feeling distressed
- Persistent fear
- Persistent worries
- Disruptive behavior
- Lack of Interest In peers



1 in 6 U.S. children aged 2-8 years (17.4%) had a diagnosed mental, behavioral, or developmental difference.



## Sports helps children...

- Improve **self-confidence**
- Improve **mood** by calming down and better sleep
- Improve **focus**
- Improve **memory**
- Help **manage stress**
- Decrease **substance abuse**
- Help in **depression**
- Boost **optimism**



## Advantages of team sports

- More chances for **social interactions**, making friendships
- **Leadership skills** - Learn how to lead & negotiate
- **Team building skills** - working towards a common goal

## What happens In your body?

- Helps **more oxygen** and blood flow **into the brain**.
- Keeps **stress** chemicals **low**.
- Increase chemicals which makes **you feel more happy**.
- Gives you **power** to **fight diseases**.
- Release chemicals to **increase your brain power**.
- Helps your body to **fight harmful chemicals** that attack healthy cells.