

Sports for Mental Health, Hygiene and wellbeing

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What is mental Health?

- Mental health **includes our Emotional, Psychological, and Social well-being.**
- It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Sports definition

- A sport is typically defined as any physical activity involving some degree of completion.
- Some of the common sports include Rugby, baseball, football, basketball, racing, volleyball, among many other kinds of sports.
- A person who participates in any sport as a profession is referred to as an athlete.
- As proved in this presentation, sports are very important in an individual's daily life.

How are sports important to human's Psychological, Emotional and Social well-being.

Sports helps in....

- Release of negative energy e.g. stress.
- Diverting negative energy e.g. fighting into sports
- Treatment of sexual dysfunctional disorders
- Building interpersonal skills- team building
- Helps in addressing insecurities that cause personality disorders like paranoid, histrionic
- Building self-esteem
- Managing depression e.g. Occupational therapy

continuation

Sports enhance qualities such as;

- Self-control
- A competitive spirit
- Mutual friendship with peers
- Tolerance
- Social interaction with the other members of society.

Hygiene

- Sports helps us release unwanted fluids.
- Regular practice in sports helps us to become more active and healthier, and this enables us to avoid diseases that may be caused by excess fats and calories that we take every day.
- These diseases may include obesity, arthritis, heart problems, as well as diabetes.

Men's team



Lady Pacers Girls team



Children's team below 12



Training Session



Our Family and Reflection Moment



The Mighty Mug moment



Relevant Content



Player Achievements



Sustainability



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