

Sport Contribution to the Mental Health

Physical Education IES Andrés Laguna

Marta González Pascual



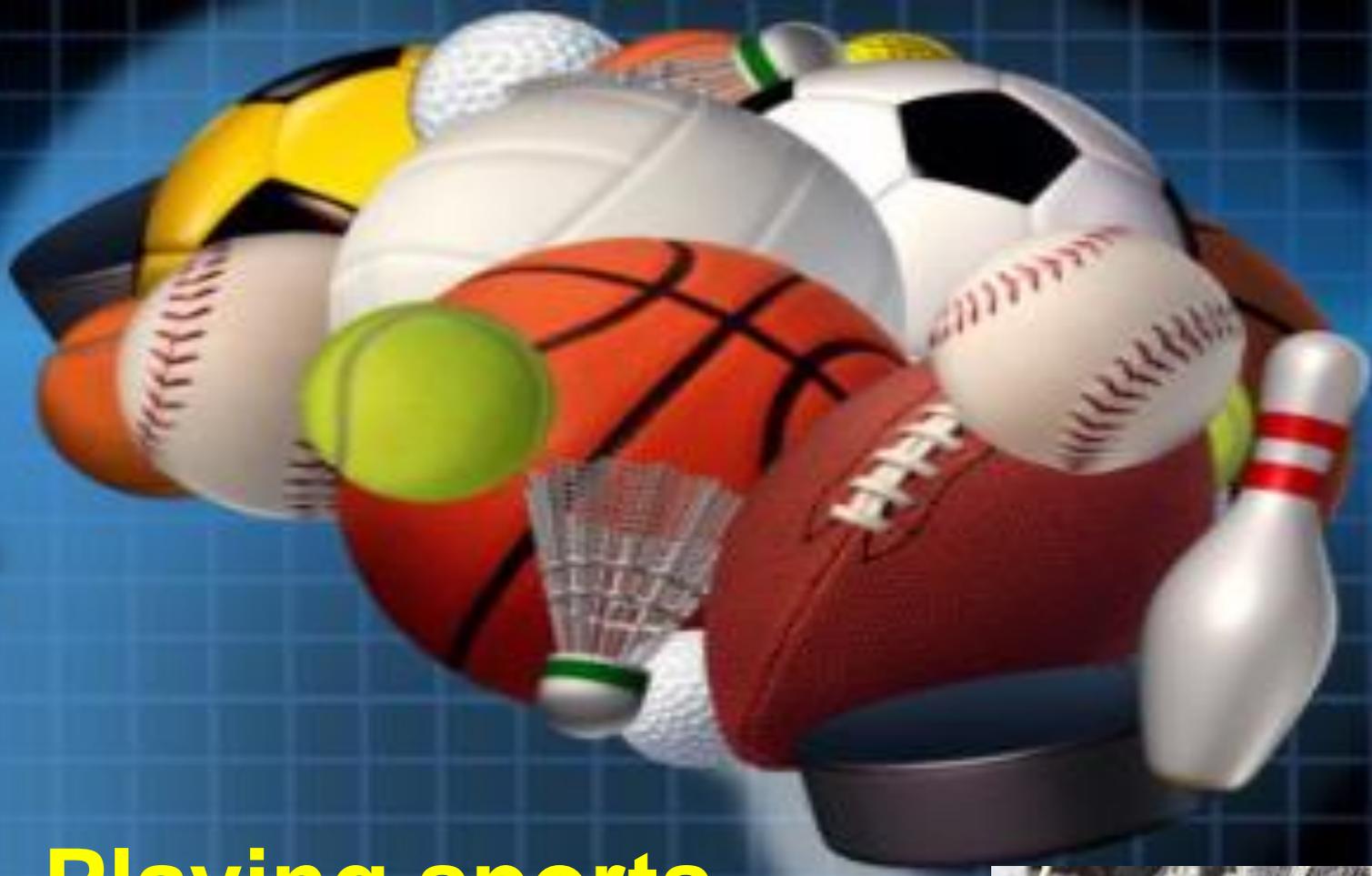
endorphins

**Playing sports
improves
our mood**



accomplishing goals

**Playing sports
gives us a boost
of confidence and
self-worth**



mental skills intact

**Playing sports
improves our
concentration**



**Lower Cortisol level
(stress hormone)**



**Playing sports
helps reduce stress
and feelings of
depression**



**Never too close
to bedtime**

**Playing sports
improves our sleep
quality**



Friendship

**Playing sports
provides means for
socialization**





Impact getting active has on mental health

