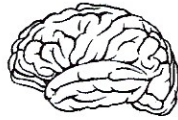


BENEFITS OF SPORTS PARTICIPATION & MENTAL HEALTH

Make mental health a priority

1 COGNITIVE DEVELOPMENT

Critical milestones for youth cognitive development:



- Learning how to analyze and problem solve
- Creativity and learning different perspectives
- Processing information, memory, and application
- Trial and error to learn to adapt and adjust quickly
- Learning from failure and success
- Critical thinking and building self-concept (identity)

2 EMOTIONAL REGULATION

Critical milestones for youth emotional regulation:



- EQ (Emotional intelligence) development
 - Recognizing one's own emotions and the emotions of others by interpreting and responding appropriately
- Sports increase endorphins, which make us feel happier and decrease or redirect negative emotions
- Safe space to release stress and channel energy
- Create more experiences, outlets, and commonalities

3 BUILD CONFIDENCE

- Self-development through success, accomplishment, pushing limitations, and overcoming obstacles
- Goal setting (Growth mindset)
- Contributing to team success and sense of belonging
- Life skills of overcoming adversity and accomplishing goals
- Positive feedback and interactions



4 COMMUNICATION

- Understanding and properly interpreting verbal and nonverbal communication and learning to listen
- Appropriate self-expression and conflict resolution
- Expressing emotions, thoughts, actions, and teamwork-being selfless vs selfish-commitment
- Leadership development and accountability



5 STRESS MANAGEMENT

- Learning how to manage time, focus, and energy
- Taking a mental break from school and other life stressors-decrease boredom and distractions
- Learning how to properly adapt to stress or pressure and respond by positively taking control of response



6 SOCIAL DEVELOPMENT

- Teamwork and collaborating with others with the same or different perspective
- Social support and outlets for quality time with friends
- Increases life expectancy and health through positive interactions, support, different perspectives, and fun
- Increases feelings of belonging and self-worth



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