

WHY SPORT MATTERS TO MENTAL HEALTH.

Participation in sport/being active can **enhance overall wellbeing by 30%**.

Taking part in sport/being active can contribute to:

- A 20-30% reduction in incidences of depression, distress and dementia
- A 38% reduction in cognitive decline
- Improved overall happiness and wellbeing: 91% of participants on SAMH's *Get Active* Programme agreed that the programme had made them feel happier
- Having a positive impact on anxiety disorders, phobias, panic attacks, stress disorders and the wellbeing of people with schizophrenia
- Overall, reducing the onset/progression of mental health illnesses
- Improvements in physical self-perceptions, confidence, emotional and motivational development (vital for our children & young people)
- Enhanced mood and sleeping patterns
- Increased social interaction and creating a sense of belonging.



PARTNERSHIPS

P.E.

PLACES

PEOPLE

PERFORMANCE

SCOTTISH SPORTS ALLIANCE

c/o Scottish Sports Association
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#whysportmatters