



**Sri Ramachandra Faculty of Sports & Exercise Sciences**

**Mental health benefits of sports and exercise**



**Relieve stress**



**Enhance cognitive functions**



**Encourage teamwork**



**Improved quality of sleep**



**Boosts creativity**



**Boosts self esteem**



**Reduced risk of depression**



**Sense of achievement**

- Regular exercise is one of the easiest and most effective ways to reduce symptoms ADHD and improves concentration and memory
- Physical activity immediately boosts the brain's dopamine, norepinephrine and serotonin levels which affects mood, focus and attention  
(source: Dan Brennan, 2021)