



think boxing

Published Clinical & Anecdotal Support regarding Boxing & Mental Health

Secret Weapon in the Fight Against Anxiety & Depression

After multiple case studies and evaluations, London Psychologist, Jennifer Carter PhD, told the American Psychological Association improvements in mental wellness when boxing is added to talk therapy:

"Boxing helps people experiencing difficulties with mental health in many ways. Firstly, the exercise **provides a rush of endorphins** – a natural mood booster. Classes can help to relieve symptoms of anxiety and depression by **focusing the mind and body in the present moment** and **taking people away from ruminating thoughts or worries**. It provides a source of distraction as individuals engage with a fun activity that they look forward to and **make new friends in the sociable and supportive group setting**. Boxing instills a sense of achievement, **building confidence and self-esteem**. Classes provide a **controlled and safe environment** to release any frustration, stress and anger. Boxing **encourages a healthier lifestyle**, which benefits physical and mental wellbeing, sleep, eating, and **self-care and compassion.**" - Jennifer Carter, PhD

Fletcher, B. February 28, 2017. [Could Boxing Be a Secret Weapon in the fight Against Anxiety and Depression](#) London, England. NetDoctor

Few Exercises Made Me Feel as Powerful as Boxing

In an article published in Byrdie Magazine, Therapist Chloe Brotheridge, author of *The Anxiety Solution*, "Learning something challenging (like boxing) and seeing ourselves improve helps to build our confidence. Boxing builds self-efficacy; our ability to trust that we can handle any challenges."

Boxing Promotes:

- Being present in the moment - out of your head and into your body
- High Intensity Classes combine with heavy-bag boxing routine and strength training stimulates a rush of endorphins and promotes neurogenesis
- Allowa people with mental health issues to concentrate 'outwardly' rather than 'inwardly.'

"Following a specific punching routine and learning a new skill has given me a new confidence boost and enabled me to really focus..."

Bowen, A. August 19, 2019. [Few Exercises Have Made Me Feel as Powerful as Boxing](#). London, England, Byrdie.com

Mental Toughness in Boxing

Dr. Pete Olusoga, Sport Psychologist and Sr. Lecturer at Sheffield Hallam University in the UK, is among the worlds leading researchers on Mental Toughness, its impact on athletics, and how the practice of sports can transition into improved mental health.

Definition of **MENTAL TOUGHNESS**:

- Cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer.
- Be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure.

How Boxing Helps:

1. Coping with Demands
 - *Short Term*: Relaxation, centering, countering negative thinking
 - *Long Term Development*: Applied relaxation, developing a “quiet mind”
2. Concentration/Focus
 - *Short Term*: Concentration styles, imagery/mental rehearsal, centering
 - *Long Term Development*: Concentration under fatigue, sustained window of tolerance
3. Discipline
 - *Short Term*: Performance profiling, goal setting
 - *Long Term*: Mindfulness

Olusoga, P. 2015. Mental Toughness In Boxing. Sheffield, South Yorkshire, UK. BoxingScience.com

Additional Support:

March, B. March 28, 2018. 6 Ways Boxing Can Improve your Mental Health. London, UK. Harper's Bizarre

Boss Magazine. 2020. Mental Health Benefits of Boxing. Carlsbad, California

Pearson, J. January 29, 2019. The Effects of Boxing on Mental Health. United Kingdom. exercise.co.uk