

Next week marks the celebration of men's mental health week and one organisation is hoping to tackle the issue by encouraging guys to get active.

Latest figures showed that 115 people die by suicide in the UK every week – with 75% of those deaths being male. Statistics show that men are also nearly three times as likely as women to become dependent on alcohol and to use drugs frequently.

Lee Hawker-Lecesne MBPsS, Clinical Director at The Cabin is encouraging men to make time to look after their mental health by taking time to boost their physical health.

He said: “Physical fitness is crucial for men's mental health because the mind and body are interconnected. Engaging in regular exercise can have a positive impact on mental well-being and contribute to a healthier state of mind”.

Unfortunately for a lot of men all over the UK mental health has been stigmatised, with societal expectations of what a 'man' should be. These pressures often lead to sufferers slipping into anxiety and depression.

The Cabin is pushing for more proactive activities to boost mental health amongst men which includes a range of activities like aerobics, yoga, and strength training.

Lee added: “Fitness quite simply improves mental health; exercise-induced increases in blood circulation to the brain influences the hypothalamic-pituitary-adrenal (HPA) axis and, thus, the physiologic reactivity to stress.

“This physiologic influence is mediated by the communication of the HPA axis with several regions of the brain, including the limbic system, which controls motivation and mood; the amygdala, which generates fear in response to stress; and the hippocampus, which plays an important part in memory formation as well as in mood and motivation.”

This basically means physical exercise is one of the best things you can do for your mental health, and getting active can be the start of your healthy mind journey. Exercise improves stress, mood, self-esteem, cognitive function and sleep, there are many ways you can get started.

Spending time in nature, such as hiking, gardening, or participating in team sports, provides a refreshing change of environment, and can have a positive impact on mental well-being, so while the sun is starting to creep out what better time to give it a go?

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