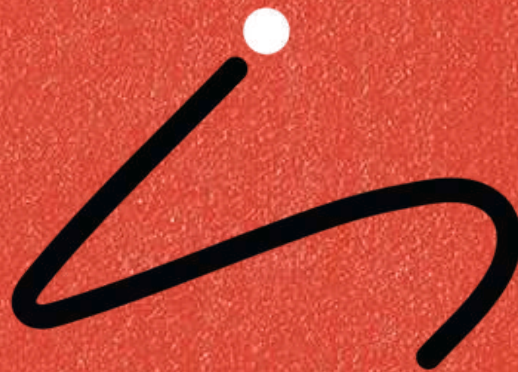


5 Ways

**Skateboarding
Can Boost**

Your

Mental Health



GOODPUSH

[Source article](#)



Relieves Stress

Asides from releasing those sweet endorphins that we all know and love, skating requires us to live fully in the moment, focused on the present. Stimulating our brain whilst clearing our mind.



Boosts Creativity

Skateboarding fuels creativity—turning the world into a blank canvas for self-expression. From unique approaches to tricks to filming, editing and zine-making, it inspires thinking outside-the-box and spreads good vibes on and off the board.



Builds Resilience

**Skateboarding is all about falling—
and getting back up.**

**Every slam builds resilience,
perseverance, and mental toughness.**

**It's a lesson in bouncing back,
both on the board and in all aspects
of life.**



Social Connection

**Skateboarding builds community,
connecting you with
like-minded
people who share your passion.
It fosters belonging,
lifelong friendships, and
plenty of fun with your crew.**



Mindfulness & Focus

Skateboarding demands focus, clearing stress and distractions as you live fully in the moment.

It sharpens your mind and offers a break from the digital spaces which flood us with information.