

Mental Health Awareness Month- Jump Your Way to Better Mental Health

California, San Diego, Jun 1, 2021 ([Issuewire.com](https://www.issuewire.com)) - May is Mental Health Awareness Month. According to JAMA, the incidence of depression in this country tripled in 2020-2021 due to the stressors of Covid 19.

The suicide rate jumped dramatically in all categories. Overdoses are also on the rise again.

School closings dramatically impacted children's mental health. A key stressor was the loss of family services usually provided by local school districts and the endless hour's children spent on zoom, isolated from their schoolmates. We are only now beginning to calculate the actual costs of the pandemic on our children's mental health, education, and development.

Mental health, defined by the World Health Organization, is "a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can make a contribution to his or her community."

According to the Mayo Clinic, exercise improves Mental Health by reducing symptoms of anxiety and depression. Commit to thirty minutes a day, three to five times a week significantly improves depression if you stick with it over time. When you feel better physically, the world begins to open up again. The simple activities that once brought you joy can now be part of your life.

The team at **Akrobat Trampolines recommends Jumping Your Way to Better Mental Health.** *Jumping on trampolines is not only becoming more and more popular, but many experts acknowledge that backyard trampolines have a positive effect on our health.*

Bouncing up and down and floating in the air creates **feelings of fun, freedom, relaxation, joy, happiness,** and the associated well-being. Rebounding on your inground trampoline reduces stress and relaxes the mind and body. Jump your way to better mental health with regular trampoline jumping- relieves stress, **prevents anxiety, reduces tension,** and **regulates your mood.** Jumping distracts from daily worries, creating a path to relaxation and meditation.

Trampoline Jumping

- Releases serotonin and endorphins creating a "feel good" mood.
- Increases energy level by stimulating the sympathetic nervous system, stimulating energy and alertness,
- Great opportunity to do something as a family and strengthen family ties.
- Get the kids away from the computer, destress, have fun and enjoy great physical exercise.

For more information on the best inground trampolines, above ground, and sunken trampolines. Indoors and outdoors, with or without enclosures.

Contact: Akrobat Trampolines- Phone: 855.946.8283 www.akrobatusa.com

We have a true passion for jumping- Quality, Performance, Safety, Fun.

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