

# Active Body, Healthy Mind

Improving our mental wellbeing through sport and exercise

## Youth Pilot Project Report: Boxing For Wellbeing

Active Oxfordshire worked in partnership with Oxfordshire MIND to deliver seven **Boxing for Wellbeing** courses at secondary schools in the county.

Each session involved students working on coping strategies and skills to improve wellbeing and included a boxing session of 45 minutes.

Students were identified by the school nurse team and their wellbeing throughout the course and each session was monitored using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

**84**  
participants

**93%**  
improved or maintained their wellbeing based on the Warwick-Edinburgh Mental Wellbeing Scale

### Before the course

"Annoyed"

"I haven't been getting much sleep. I feel a little stressed out"

"Sad"



### After the course

"Less annoyed, happier"

"I'm happy...I feel more confident"

"Happy"

"I have released some anger and anxiety issues. I now feel more welcome"

"Having the talks helps with how I'm feeling, and gives me ways to stay happy"

**87%**

of the participants want to do another course in the future



By the end of the course we aim for students to feel less stressed, more relaxed and more confident at the chosen physical activity.

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