



space to breathe
THERAPY

YOGA FOR MEN'S MENTAL HEALTH

Strength isn't just physical. It's looking after your mind too.



IT'S OKAY TO NOT BE OKAY. YOGA CAN HELP.

Many men feel pressure to stay strong, push through and not talk about how they feel. But stress, worry and low mood can affect anyone.

Yoga gives you space to slow down, release tension and reconnect with yourself.



**You don't have to face it alone.
Move. Breathe. Be present.**



HOW YOGA SUPPORTS MEN'S MENTAL HEALTH



Reduces stress and tension

Helps lower cortisol levels and calms the nervous system.



Improves mood

Movement and breath release feel-good chemicals that boost mood.



Supports better sleep

Helps quiet the mind and improves restorative sleep.



Builds mental resilience

Helps you handle life's challenges with more clarity and calm.



Increases focus and clarity

Improves concentration, presence and decision-making.



Encourages connection

Creates a sense of belonging and reduces feelings of isolation.



Taking care
of your mind
is a sign of
strength,
not weakness.



SIMPLE BREATH TO TRY

4-4-6 Breath

- ♥ Breathe in through your nose for 4 counts
- ♥ Hold for 4 counts
- ♥ Breathe out through your mouth for 6 counts
- ♥ Repeat 3-5 times



This simple breath helps calm your mind, reduce stress and bring you back to now.

GENTLE POSES TO RESET YOUR MIND

1



**Child's Pose
(Rest & Release)**

A calming pose that helps quiet the mind and release tension.

2



**Cat-Cow
(Ease Tension)**

Gently warms the spine and releases built-up tension.

3



**Low Lunge
(Build Strength)**

Opens the hips and creates space, both physically and mentally.

4



**Seated Forward Fold
(Calm & Ground)**

Helps release stress and encourages a sense of letting go.

5



**Legs Up the Wall
(Rest & Restore)**

A restorative pose that helps calm the nervous system and improve sleep.

PRACTICAL TIPS FOR MEN



Start small

Even 5-10 minutes can make a difference.



Create a routine

Make yoga part of your day. Consistency builds results.



Find your space

A quiet corner is all you need.



Listen to your body

There's no right or wrong way. Do what feels good today.



Ask for support

Talk to someone you trust. You don't have to carry it alone.



Remember

You don't have to be perfect.
You don't have to be strong all the time.
Yoga is not about doing more.
It's about coming back to yourself,
one breath at a time.

*You are enough.
You matter.
You belong.*



DAILY TIP

Even just a few minutes of yoga or conscious breathing each day can improve your mood, reduce stress and support your mental wellbeing.



UNTIL NEXT TIME, GIVE YOURSELF **SPACE TO BREATHE**

With love, Maggie

