

Yoga for Men's Mental Health

Strength is not just physical. Looking after your mind matters too.

Many men experience stress, worry, low mood, pressure, loneliness or difficulty switching off, yet may feel expected to keep going without talking about what is happening. Yoga can offer a practical, private way to pause, move the body and notice how you are feeling. It is not a replacement for mental-health care, but it can sit alongside appropriate support.

You do not have to be 'good at yoga'

This resource is about accessible movement, not flexibility or performance. Use a chair, wall, cushions or a smaller range of movement. Five or ten minutes can be enough. If stillness feels uncomfortable, keep the practice movement-based.

Five gentle poses to reset your mind

1	Child's Pose	Rest and release
2	Cat-Cow	Ease tension
3	Low Lunge	Open and mobilise
4	Seated Forward Fold	Calm and ground
5	Legs Up the Wall	Rest and restore

A simple breathing option

Try a comfortable, unforced rhythm rather than chasing a particular count. If counting helps, breathe in gently for around four counts and let the out-breath be slightly longer. Skip breath exercises if they make you light-headed, uncomfortable or more anxious.

Safety

Move gently and stop if you feel pain, dizziness, faintness or unwell. Seek individual advice if you have medical concerns, are pregnant, or are returning after illness or injury. New or severe symptoms need appropriate medical assessment.

How yoga may support mental wellbeing

Use movement as one part of a wider support system.

Stress and physical tension

Stress can show up as tight shoulders, jaw tension, restlessness, headaches, altered breathing or difficulty relaxing. Slow, comfortable movement may help you notice and reduce some unnecessary muscular effort.

Mood and motivation

On low-energy days, the aim is not to force positivity. A short routine can simply provide structure and a manageable action. Movement can be paired with daylight, a walk, food, hydration, social contact or another basic need that has been missed.

Sleep and switching off

A quieter evening routine can signal a change of pace. Gentle stretching, reduced screen stimulation and a consistent wind-down time may be more useful than trying to make yourself sleep.

Focus and mental overload

When thoughts are crowded, give attention a physical target: feet on the floor, hands pressing into a mat, the movement of the spine or contact with a chair. You do not need to empty your mind.

Connection

Mental wellbeing is not only an individual task. Movement classes, walking groups, sport, therapy and trusted relationships can all create opportunities for connection. If isolation is part of what you are experiencing, consider one small point of contact rather than trying to solve everything at once.

The five poses

Adapt every movement to your body and your day.

1. Child's Pose

Use cushions or a chair so the body is supported. If folding forward feels uncomfortable, sit upright and rest your forearms on your thighs or a table.

2. Cat-Cow

On hands and knees or seated, gently alternate between rounding and lengthening the spine. Keep the range easy and let the movement be rhythmic rather than forced.

3. Low Lunge

Use blocks, a chair or a wall for support. Keep the stance shorter if needed. The purpose is comfortable movement through the hips, not a deep stretch.

4. Seated Forward Fold

Sit on a chair or the floor and hinge forward only as far as feels comfortable. Keep the knees soft and avoid pulling yourself deeper.

5. Legs Up the Wall

Use a sofa, chair or wall to support the legs. If lying flat is uncomfortable, elevate the upper body. Stay only while the position feels restful.

Practical tips

Start small: five minutes counts.

Create a routine: attach it to an existing part of the day.

Find your space: privacy is fine if that helps you begin.

Listen to your body: discomfort is information, not a test to push through.

Ask for support: you do not have to carry difficult feelings alone.

When yoga is not enough

Persistent low mood, anxiety, panic, trauma symptoms, harmful coping, significant sleep problems or difficulty functioning deserve proper support. A GP, therapist, counsellor or other qualified professional can help you consider what is happening and what support may fit.

Men's mental health check-in

A simple page for noticing rather than judging.

Day	Mood /10	Tension /10	What I tried	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Questions to consider

What pressure am I carrying at the moment? Where do I feel it physically? What helps me feel more like myself? Who could I speak to if things became harder? What is one small action I can take today?

A message from Maggie

You do not have to prove strength by carrying everything silently. Looking after your mental health is part of looking after yourself. Yoga can be one small place to pause, move and reconnect, but reaching out to another person can be just as important. Support is not weakness.

If you are struggling

If you feel unable to keep yourself safe, are thinking about suicide, or are in immediate danger, seek urgent help through emergency services or an appropriate crisis service. For ongoing concerns, speak with your GP or a qualified mental-health professional.

Evidence-informed note

This guide uses general evidence-informed principles around physical activity, stress management, sleep, social connection and mind-body practices. Research suggests yoga may support aspects of wellbeing for some people, but effects vary and it should not be presented as a cure for mental-health difficulties.

Space to Breathe Therapy — educational wellbeing resource; not medical treatment.