



Adventure Sports and Stress Free Life

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Abstract

Stress is becoming a nearly unavoidable part of life. Talking about adventurous sports, there are many like scuba diving, sky diving, base jumping, hiking, etc. And it's surprisingly true that getting engaged in such adventures can stir our emotions making feel both fearful and cheerful at the same time; these have some positive side effects on your physical, mental and social health too. An adventure freak is not leading only an excitement packed life but also a healthy one. A great way to increase self-confidence and promote a positive attitude, getting out of your comfort zone is sometimes the only way you dig deep enough to get rid of negative thinking. Let's list some of the health benefits being enjoyed by such adventure-seekers. People may choose to work off their stress in a gym, or relax it all away during meditation or prayer, but for those people with a love of the extreme, the more sedate methods simply won't work, and will lead to a further build-up of stress and frustration that needs to be worked out. Adventure sport is really cool activity and it's a best for coming out from stress and fears.

Key Words : Adventure Sports, Stress

Introduction

Outdoor summer activities are also a great way to reduce stress and improve your overall well-being. Extreme sports are becoming increasingly popular. In fact, activities such as mountain biking, snowboarding and skateboarding continue to attract larger numbers every year. At the same time, a decline has been noted in other outside activities that are considered to be more

traditional, including basketball. This is most likely linked to several factors, ranging from the increased adrenaline rush all the way to the positive mental and physical health aspects of participating in an extreme sport. An adventure sport pushes one to get out of their comfort zone and perform a task. It increases brain to body coordination and elevates concentration levels and sense of balance in athletes. The abundant exercise keeps one fit while working in teams improve team building and bonding. It also builds self-esteem and makes athletes confident.

Adventure Sports

Action sports, adventure sports or extreme sports are activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion and highly specialized gear. Outdoor activities in which participants compete in a natural environment most against themselves than others

Participating in adventure sports can quite literally turn that frown upside down. Once you go through the high-pressure situations of the sport, your brain starts producing Dopamine, which is the chemical that keeps you happy. Besides the psychological benefits, these adventure sports also helps you keep physically fit. Most adventure sports require you to use all or most of your muscles, eventually toning them in the process and leaving you less subjected to the wear and tear that advances with age.

List of Adventure Sports

Bungee Jumping	Skiing	Dirt Biking	Scuba Diving	Zorbing
Mountain Biking	Rock Climbing	Hang Gliding	Hiking	Rafting
Heli-Skiing	Caving	Desert Camping	Paragliding	Kayaking
Kite Wing	Orienteering	Hot Air Ballooning	Flying Fox	Para Sailing
Micro flight Flying	Trekking	Fly boarding	Motorcycling Tour	

Adventure Sports Health Benefits

The physical-Increased fitness level, better cardiovascular health, improved balance, multiple muscle group conditioning, greater endurance.

Emotional- Higher level of self-esteem, ability to work with others, greater emotional stability, reduced stress levels, Better communication skills

Mental-Clearer thinking, improved concentration, improved decision-making skills, positive outlook, enhanced observation skills, improved problem solving abilities, mental sharpness

Self-Discovery through Adventure Sports

Many describe adventure sports as a journey of self-discovery where they leave their comfort zone, deal with the unpredictable, test their limits, and sometimes risk their life. Fighting extreme weather conditions is another facet of some extreme sports, such as the thrill of beating the storm to make it home just in time. Other people engage in adventure sports to break free of negative thinking or remove self-doubts. Still others take the plunge in order to learn new things about themselves or gain new skills. Finally, many adventure lovers participate to improve their physical, emotional, and psychological health.

Overcome Fear

Fear is a powerful emotion that keeps you from reaching out to a lot of your goals and dreams. Fear is usually a result of our belief or perception about something that may or may not hold true. When faced with your fear of adventure sports, all you really need to do is choose one of the two paths before you – Find courage and face the fear once and for all, or give in and let the fear take over. It does not take much to look your fear in the face and is possible for everyone. First and foremost, we need to understand that everyone feels afraid and challenged, but what really matters is are you going to be the person who leaps forward and faces the challenge or back out and let the fear over power you.

Conclusion

Adventure sports are one of the most effective remedies for releasing stress. It creates an outlet for you to relieve yourself of all the pent up stress, making you feel calmer and revitalized. While stress is often associated with depression and negativity, adventure sports is associated with euphoria, energy and excitement. These types of sports enhance your mood and help you get into a positive state of mind. After you take part in any adventure related activity it gives you a sense of accomplishment and this, in turn, makes you more confident. So this vacation, turn off your gadgets, pack a bag, grab a few friends and head out on an adrenaline pumping adventure into the great outdoors.

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