

# Wellness Wave Surfing

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## Rising Tide: Surf Therapy Programs Gain Momentum Worldwide

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Surfing is moving beyond sport and leisure to play a growing role in therapy and wellness initiatives around the globe. Organisations from California to Cornwall are now using surf therapy to support people dealing with anxiety, depression, post-traumatic stress, and other mental health challenges.

The principle is straightforward: combine structured surfing sessions with professional support to create a safe and positive environment. Being in the ocean encourages focus on breathing, balance, and movement, which helps participants manage stress and build confidence. Group sessions also foster a sense of community, reducing isolation and encouraging peer support.

Recent studies have shown measurable benefits, including improved mood, better sleep, and reduced symptoms of anxiety. Many participants describe the sessions as both calming and empowering, offering tools they can use long after leaving the beach.

As awareness of mental health grows, surf therapy programmes are receiving increased recognition and funding. What started as grassroots projects are now being supported by health services, schools, and veterans' organisations.

The waves, once seen mainly as a place of sport and escape, are proving to be powerful allies in wellbeing.