

Wellness Wave Surfing

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Study Finds Surfing May Help Improve Mental Health

2025-05-27 - Jane Doe - [Comment \(1\)](#) - [All news](#)



A recent study by researchers at the University of Exeter suggests that regular surfing could have positive effects on mental wellbeing. Participants reported reduced stress levels, improved mood, and better sleep after just six weeks of weekly surf sessions. The researchers noted that a combination of physical activity, time in nature, and social interaction may contribute to the benefits. Several surf therapy programmes across the UK and US are already applying similar principles.

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