



LIFT BHANGRA

TACKLING MENTAL HEALTH THROUGH BHANGRA

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What is mental health?

Mental health isn't just about mental illness. **Everybody** has a mental health, and it includes our emotional, psychological, and social **well-being**. It's just as much about feeling fulfilled and happy as it is about depression, anxiety, or other conditions.

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How can Bhangra help lift your mood?

People who participated in our **#LIFTINGMINDS** blog mentioned how Bhangra is a platform for positivity because it is a type of dance that you cannot do without **smiling**.

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What is the science behind it?

Our mind and body are heavily related. When you dance, your body releases chemicals called **endorphins**, which interact with receptors in your brain to reduce your perception of pain, while triggering a positive feeling in the body.

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Dance is increasingly being used as a form of therapy for mental illnesses like depression and anxiety - how does this work?

In addition to the 'happy feeling' brought about by endorphins that are released when you dance, focusing on **body movement** and **emotional expression** can help alleviate symptoms of mental illnesses. If you or someone you know is struggling with a mental illness, perhaps give Bhangra a go!

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