

TOP TIPS ON SELF CARE

Looking out for others can be a challenging job. Knowing how to cope with difficulties both on and off the pitch is crucial for fostering a positive environment.

Taking care of yourself and looking out for each other is essential.

Remember, when offering support to others, prioritise your own well-being. It's easy to neglect your own needs when focused on helping someone else. Here are some tips to help you keep on top of your mental health:



PRACTICE GRATITUDE

Making a conscious effort to notice things that you are grateful for in your life can help to change our outlook and increase feelings of well-being.



KEEP ACTIVE

Try to make time to include more activities you enjoy in your day-to-day routine.



EAT WELL

How you feel physically can affect how you feel mentally and emotionally. Eating a healthy, balanced diet can play a crucial role in supporting our mental health.



SLEEP WELL

Sleep can have a big impact on both your physical and mental health. Adults are recommended to get between seven and nine hours sleep a night. If you find getting to sleep difficult, establish a nightly routine, wind down before going to bed, stay off your phone and reduce light and sound.



HELP OTHERS

Helping others benefits our own mental health by giving us a sense of belonging and reducing feelings of isolation.



KEEP IN TOUCH

Good supportive relationships are essential for our mental health. Building and maintaining healthy connections is a two-way street: be an active listener and surround yourself with supportive people.



TRY NEW THINGS

Remaining curious about the world and continuing to learn throughout your life is good for your mental health.



TALK TO OTHERS

Speak to someone you trust and ask for help if things are getting too much for you and you feel you can't cope.



GO OUTDOORS

Walking or running outdoors in a natural environment helps to reduce feelings of anger, fatigue and sadness.



GAIN AWARENESS OF YOUR FEELINGS AND EMOTIONS

The better you understand your feelings, the better you can manage them.



PLAN SOMETHING TO LOOK FORWARD TO

Prioritise activities you enjoy. People feel better when they plan and engage in activities that bring them joy and relaxation.



LEARN HOW TO MANAGE YOUR MONEY

Money and financial issues can impact lots of areas of our lives, including sleep, work, and relationships. Knowing how to effectively manage our finances can reduce stress and improve the quality of our lives..



TAKE CONTROL

In life, there are some things that are outside our control. But there are things we can influence. Consider making a list of your worries to get them out of your head and gain perspective. The more in control you feel of the aspects within your reach, the less you'll worry about those beyond your control.



SET REALISTIC GOALS

There are times when you may need to reassess your goals, for example, if you were to pick up an injury. You may need to set new targets and revisit your original goals in time. This applies to any area of our lives!



FIND YOUR BALANCE

Having multiple passions and spending time with different people can help you achieve a balanced life, promoting good mental health and overall well-being.

Mental and physical health are interdependent. It's important to care for both. Practicing self-care and knowing how to look after yourself builds resilience to cope with life's daily stresses.



Scan the QR Code to access our Mental Health Resources.