

TIPSHEET

LOOKING AFTER YOURSELF

Working and volunteering in sport can be a challenging job at times!

It can be demanding with long and irregular hours, competing priorities with limited resources, dealing with passionate community members, and directly supporting others on matters related to mental health and wellbeing.

Therefore, it is important to ensure that you take a proactive role in looking after your mental health and wellbeing!



PRACTICAL TIPS TO LOOK AFTER YOUR MENTAL HEALTH AND WELLBEING

- Engage in your regular exercise or preferred physical activities.
- Practice mindfulness and meditation techniques.
- Practice self-compassion – this involves being kind and understanding to yourself. Treat yourself like you are your own best friend!
- Spend time with your favourite people having fun. Laughing and positive social interaction has been shown to significantly promote positive wellbeing!
- Prioritise getting enough sleep.
- Eat well and avoid harmful levels of alcohol.
- Discuss your experiences with a capable and trusted colleague, family, or friend (whilst maintaining all necessary confidentiality).
- Create some quiet time for just being by yourself or self-reflecting.
- Take time out. This includes taking a break from your responsibilities if you need to.
- Participate in your hobbies or activities that bring you joy and fulfilment.
- Practice deep breathing techniques. An example of this is the 5X5X5 Breathing Technique. To do this technique you inhale for a count of 5, hold for a count of 5, then exhale for a count of 5, and you do that 5 times.
- Maintain a mindframe of not taking things personally – even if you have been criticised or attacked. People behaving unreasonably to you is often more about issues they are having, rather than anything you have done.
- Relax your face then body muscle by muscle. This is called Progressive Muscle Relaxation or PMR. You do this by lying down and gently sequentially tensing each large muscle group for 5 seconds, then relaxing.
- Stand up and stretch.
- Spend time outdoors in nature.
- Get some sunshine – while staying sun smart!
- Find a wellbeing resource that works for you.
- Write down everything that's on your mind so you can stop thinking about it and come back to the issue when required. Having notes written down means that you can forget about the issue when away from work and address it in some allocated time.
- Write a to-do list and check off jobs as you complete them.

HELPFUL HINT

Check out the [True Sport – Community Links](#) webpage for information on where to access mental health and wellbeing services if you feel that you need some professional support.

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In an Emergency Dial 000
For support call Lifeline 13 11 14
or visit [True Sport – Community Links](#) for more services.

