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SESSION 1

HABITS AND EMOTIONS

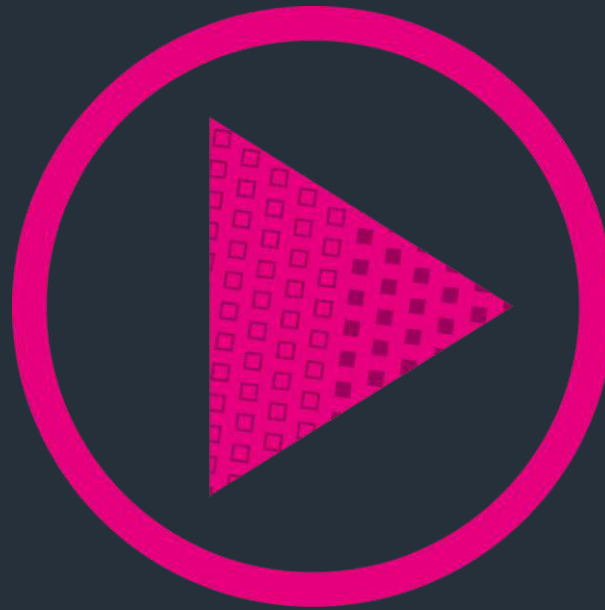


Developing our emotional wellbeing through lifestyle choices

Outcomes:

- Understand the importance of making good choices
- Identify and name our emotions and understand the impact they have on our body
- Identify ways to improve our emotional wellbeing through improved lifestyle choices.

Athlete Mentor Wellbeing Top Tips: Positive Thoughts



Which emoji are you?

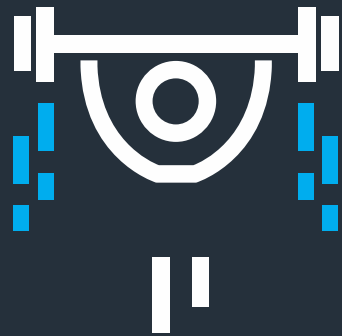
Share how you feel today.

What does that emotion feel like?

Which emotion do you feel most often?



Are there any **habits/lifestyle** factors that have an impact on your emotions?

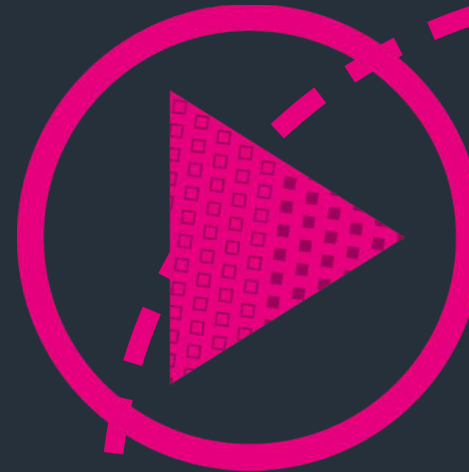


Athlete Mentor Wellbeing Top Tips

Hydration



Diet



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 **Body**

 **Hydration**

I can drink more water by...

I need water each day.

 **Sleep**

I need hours of sleep.
I could improve my sleep by...

 **Diet**

I could improve my diet by...

 **Exercise**

What exercise could I do?
I need 60 minutes of exercise a day

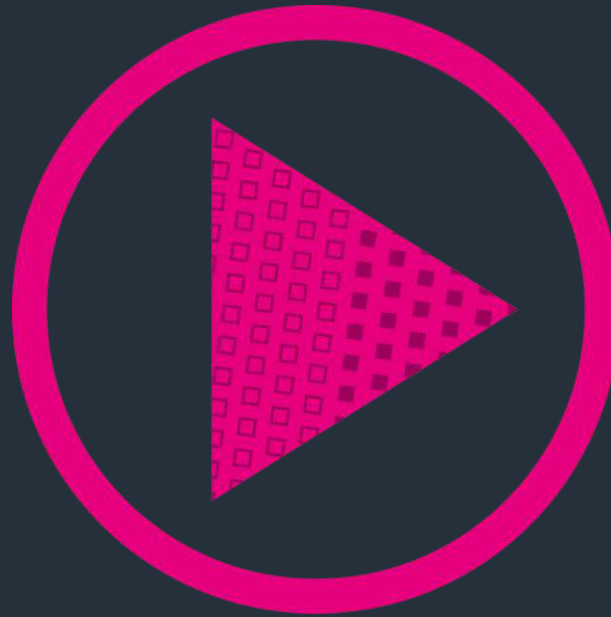
I could add exercise to my day by...



SLEEP QUIZ

HOW CLUED UP ARE YOU ABOUT SLEEP?

Athlete Mentor Wellbeing Top Tips: Sleep



 **Body**

 **Hydration**

I can drink more water by...

I need water each day.

 **Sleep**

I need hours of sleep.
I could improve my sleep by...

 **Diet**

I could improve my diet by...

 **Exercise**

What exercise could I do?
I need 60 minutes of exercise a day

I could add exercise to my day by...

FIGHT OR FLIGHT



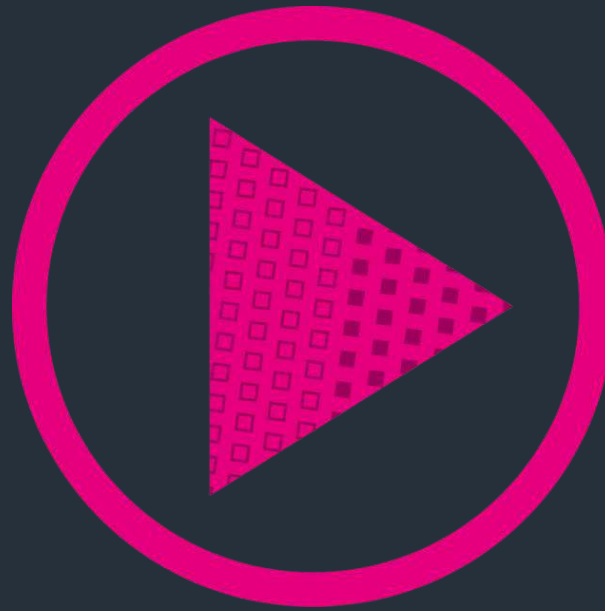
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Athlete Mentor Wellbeing Top Tips: Exercise



 **Body**

 **Hydration**

I can drink more water by...

I need water each day.

 **Sleep**

I need hours of sleep.
I could improve my sleep by...

 **Diet**

I could improve my diet by...

 **Exercise**

What exercise could I do?
I need 60 minutes of exercise a day

I could add exercise to my day by...

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SESSION 2

BUILDING A STRONG TEAM



Developing our emotional wellbeing through building a strong team

Outcomes:

- Understand how we can communicate effectively.
- Identify qualities of positive relationships and how we can influence them.
- Recognise who is in your support team.



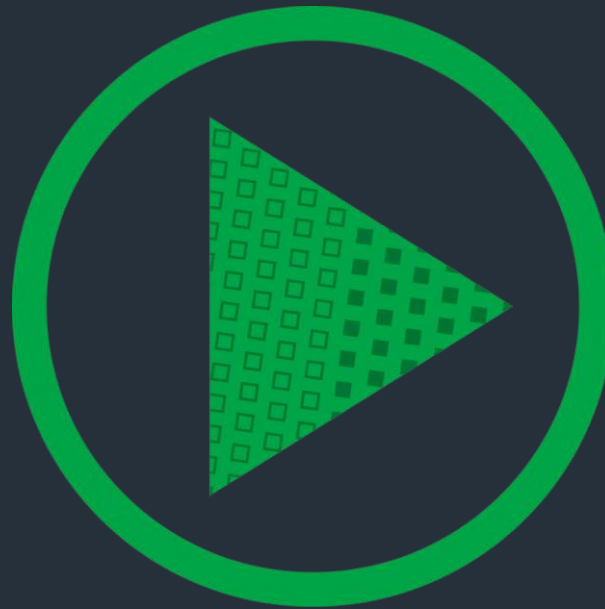
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Athlete Mentor Wellbeing Top Tips: Grateful



How can we support each other?

What do we agree to do as a member of the Active in Mind team?



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Effective Communication

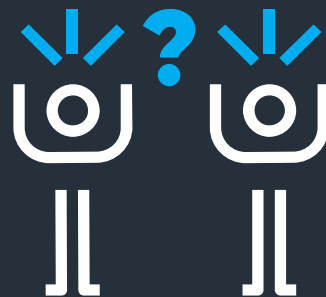
How to be an effective team member



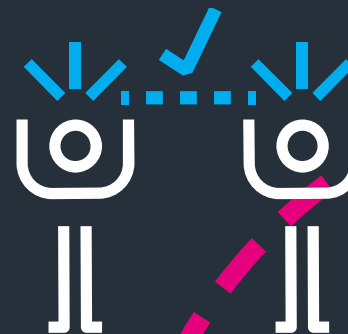
Listen
Actively



Think about
what the
person is
really saying



Decide the
best way to
communicate
with your team



Make sure your
team understand
how best to
communicate
with you



Be clear about
what you need and
how your team can
support you



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**Your environment influences
who you become, what you
believe and do.**

Who can support you?

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SESSION 3

COPING WITH STRESSORS



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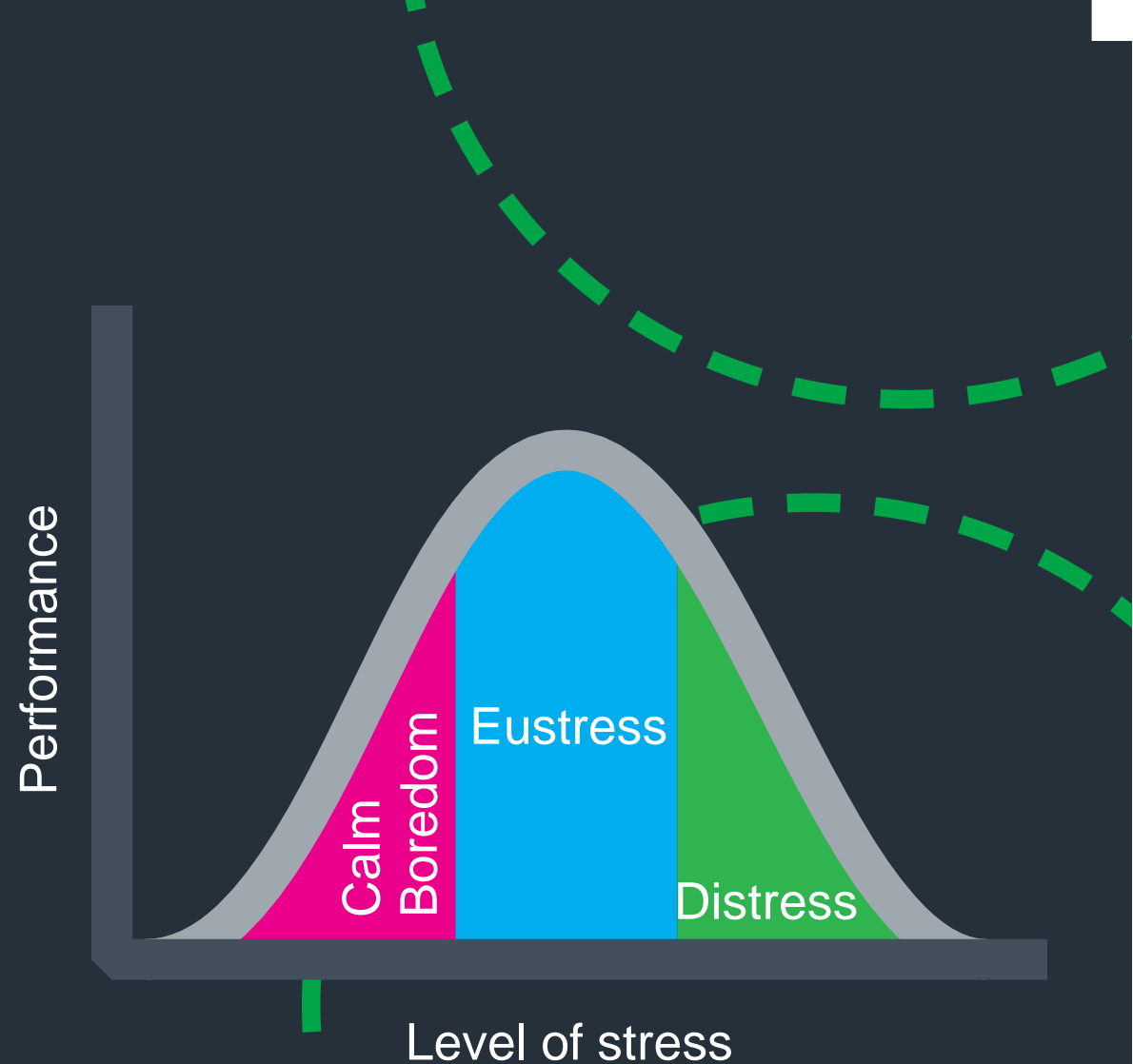


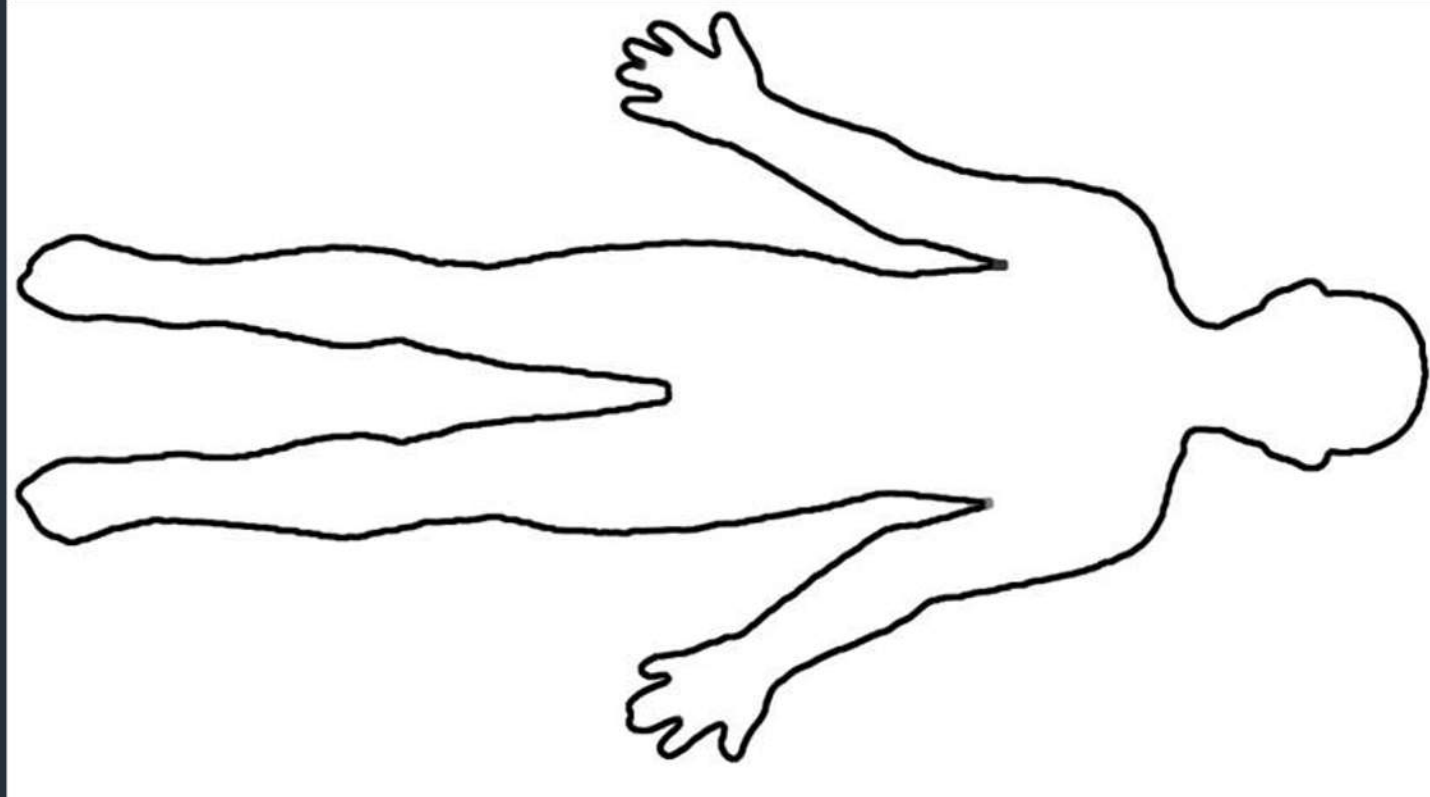
Developing our Emotional Wellbeing through building resilience to stress

Outcomes:

- Understand stress and how it changes our physiology
- Identify tools to manage stress and improve our wellbeing
- Identify lifestyle factors that impact on our stress response.

- **Acute Stress:** Fight or flight. The body prepares to defend itself.
- **Chronic Stress:** The cost of daily living. Left uncontrolled this stress affects your health - your body and your immune system.
- **Eustress:** Stress in daily life that results in positive effect.
- **Distress:** Stress in daily life that has a negative effect





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Developing our Emotional Wellbeing through building resilience to stress

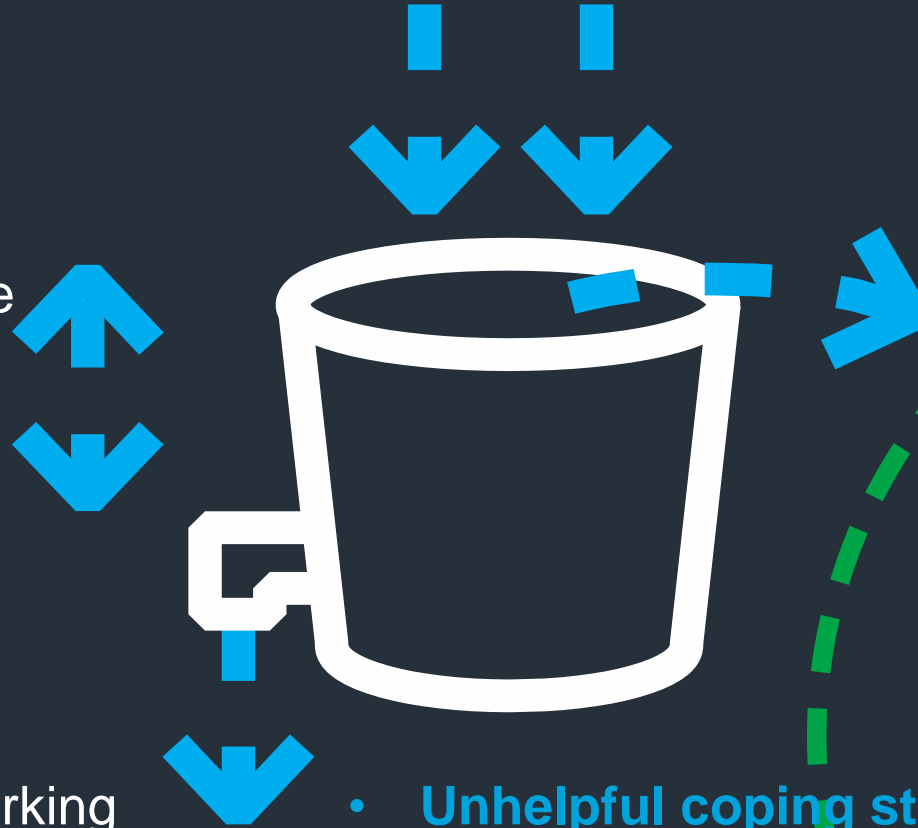
Outcomes:

- Understand stress and how it changes our physiology
- Identify tools to manage stress and improve our wellbeing
- Identify lifestyle factors that impact on our stress response.

The Stress Bucket

Stress flows into the bucket

- Vulnerability is shown by the size of the bucket
- **Helpful coping strategies** = tap working lets the stress out



- If the bucket overflows, problems develop - “snapping”

Helpful Strategies

Stressors

<p>What are my stressors? What stresses me out...</p> <div data-bbox="509 564 968 971"></div>	<p>What happens to your mind and body when you feel stressed? Does your heart beat faster? Do your thoughts become confused? Write down all the things you notice.</p> <div data-bbox="1070 714 1528 971"></div>	<p>What can you do to influence your body's response to stress?</p> <div data-bbox="1630 564 2089 971"></div>
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Helpful Strategies



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Athlete Mentor Wellbeing Top Tips: Mindfulness



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SESSION 4

MANAGING YOUR ENVIRONMENT



Athlete Mentor Wellbeing Top Tips: Good habits



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Developing our Emotional Wellbeing through managing our environment

Outcomes:

- Understand how our environment impacts on our wellbeing.
- Identify tools we can use to positively impact on our mental health.
- Understand the impact of technology on our mood/emotions



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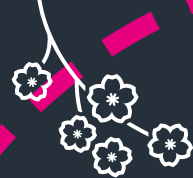
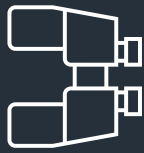
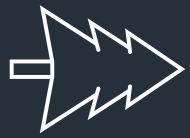
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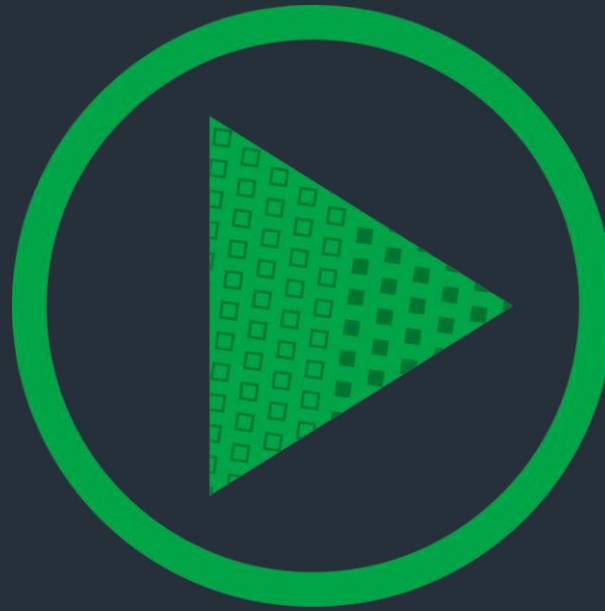
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Athlete Mentor Wellbeing Top Tips: Mindfulness 2





Environment

Your environment influences who you become, what you believe and do.

Who can support you?

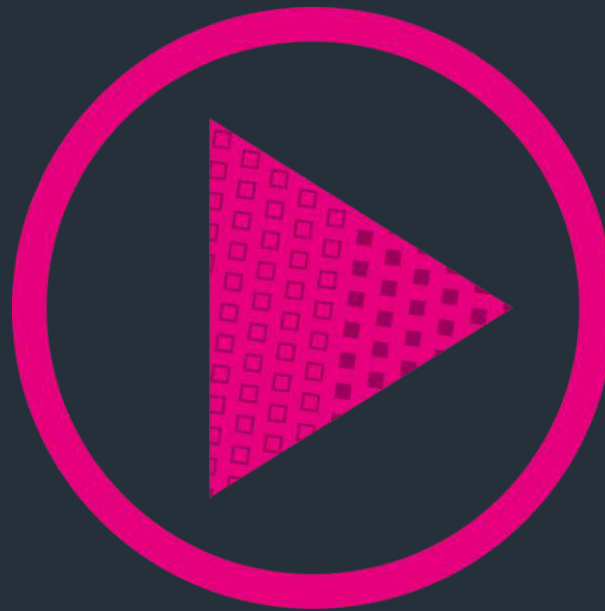
How does technology affect your attention, mood, sleep and memory?

I will change my technology use by...

When we are organised we feel calmer. How could you be more organised?

What could you change at home

Athlete Mentor Wellbeing Top Tips: Environment



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Environment

Your environment influences who you become, what you believe and do.

Who can support you?

How does technology affect your attention, mood, sleep and memory?

I will change my technology use by...

When we are organised we feel calmer. How could you be more organised?

What could you change at home

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SESSION 5

PLANNING FOR SUCCESS



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Developing our Emotional Wellbeing through managing our environment

Outcomes:

- Develop a mental health tool kit
- Identify future session activities
- Develop a plan to support students across the school.

What is mental health?

What can we do to support our mental health?

What will be in your mental health tool kit?

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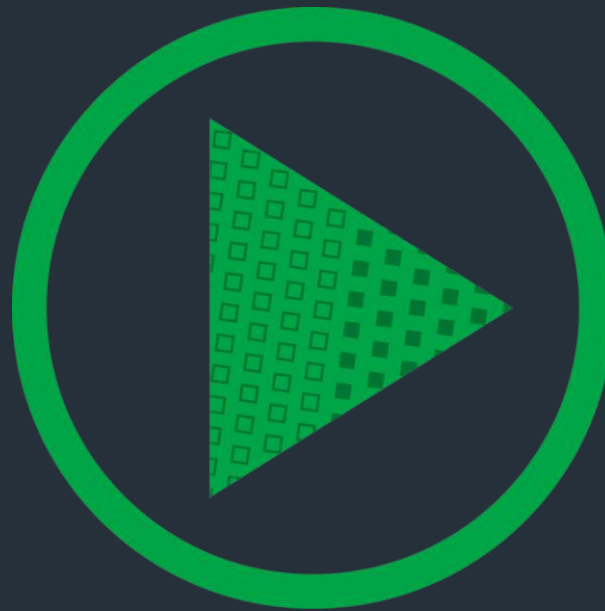
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Athlete Mentor Wellbeing Top Tips: Power Poses



Change your thoughts and you change your world

New habits and actions



Positive thoughts


Your brain changes based on what you think. We can help our brain to change positively by using positive statements. Complete the "I am..." in the box with the word you want to become. For example: "I am confident" or "I am calm"

I am...



Visualisation

Athletes practice their skills in their mind by imagining themselves winning. This helps their brain learn how to be successful. Create a picture in your mind of something you want to achieve. Draw the picture in the box of what you will visualise.



Mindfulness

Mindfulness helps our brain to be calm and to learn how to focus. Try this mindfulness exercise:

Trace your fingers around your opposite hand.

Breathe in, slide up

Breathe out, slide down



Grateful

When we focus on what we are grateful for our brain notices more of the things which help us to feel happy. Everyday write down one thing you are grateful for. What are you grateful for today?

I am grateful for...



“We are what we repeatedly do.” Happiness, therefore, is an action and not an outcome.

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