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# **ACTIVE IN MIND**

**SESSION 1**

**HABITS AND EMOTIONS**



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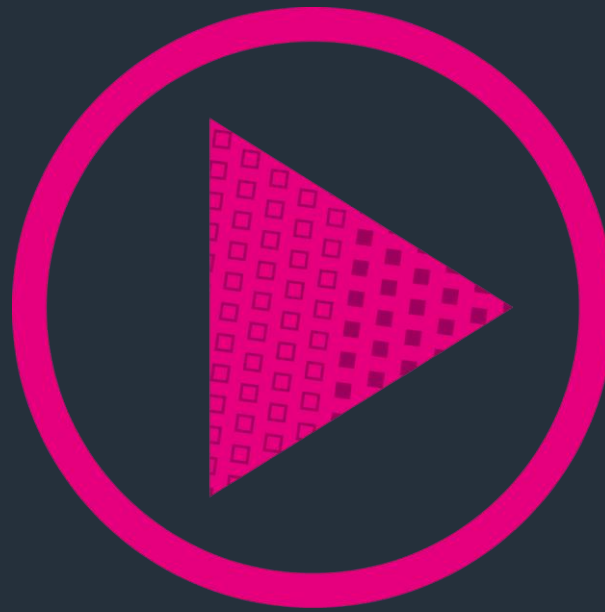


# Developing our emotional wellbeing through lifestyle choices

## 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



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# Which emoji are you?

Share how you feel today.

What does that emotion feel like?

Which emotion do you feel most often?

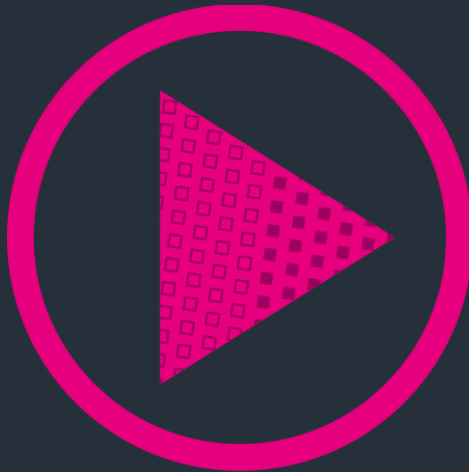


Are there any  
**habits/lifestyle** factors  
that have an impact on  
your emotions?

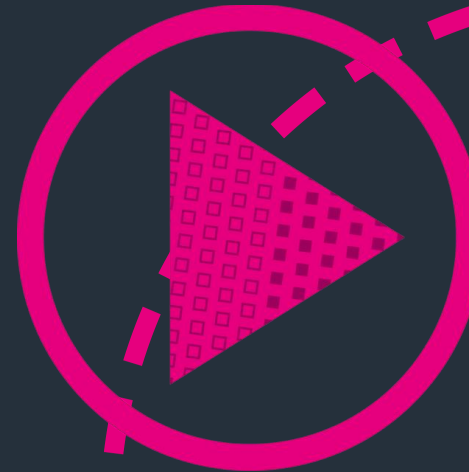


# Athlete Mentor Wellbeing Top Tips

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...

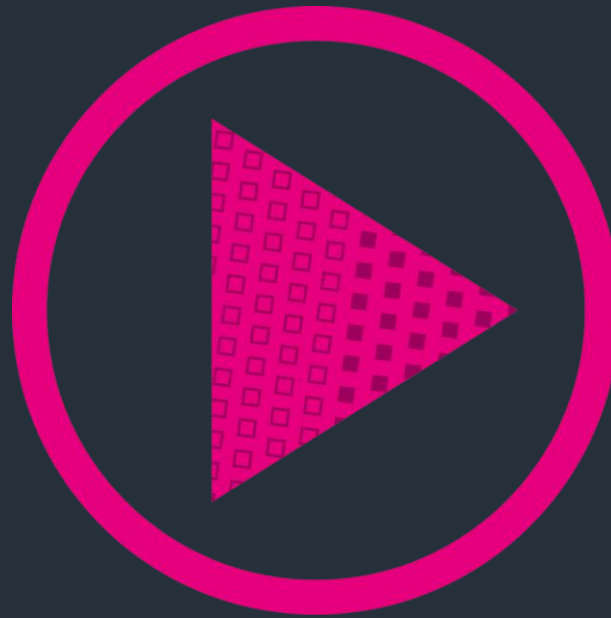


## **SLEEP QUIZ**

**HOW CLUED UP ARE YOU ABOUT SLEEP?**



# Athlete Mentor Wellbeing Top Tips: Sleep




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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...

# FIGHT OR FLIGHT



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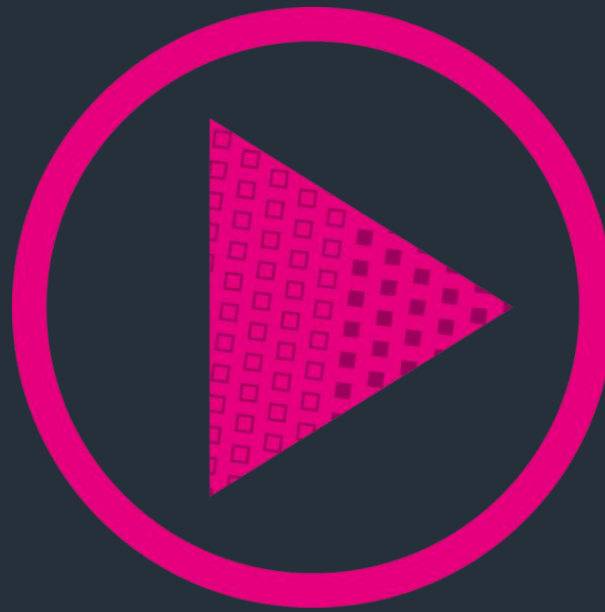
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# Athlete Mentor Wellbeing Top Tips: Exercise



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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...

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# **ACTIVE IN MIND**

**SESSION 2**

**BUILDING A STRONG TEAM**



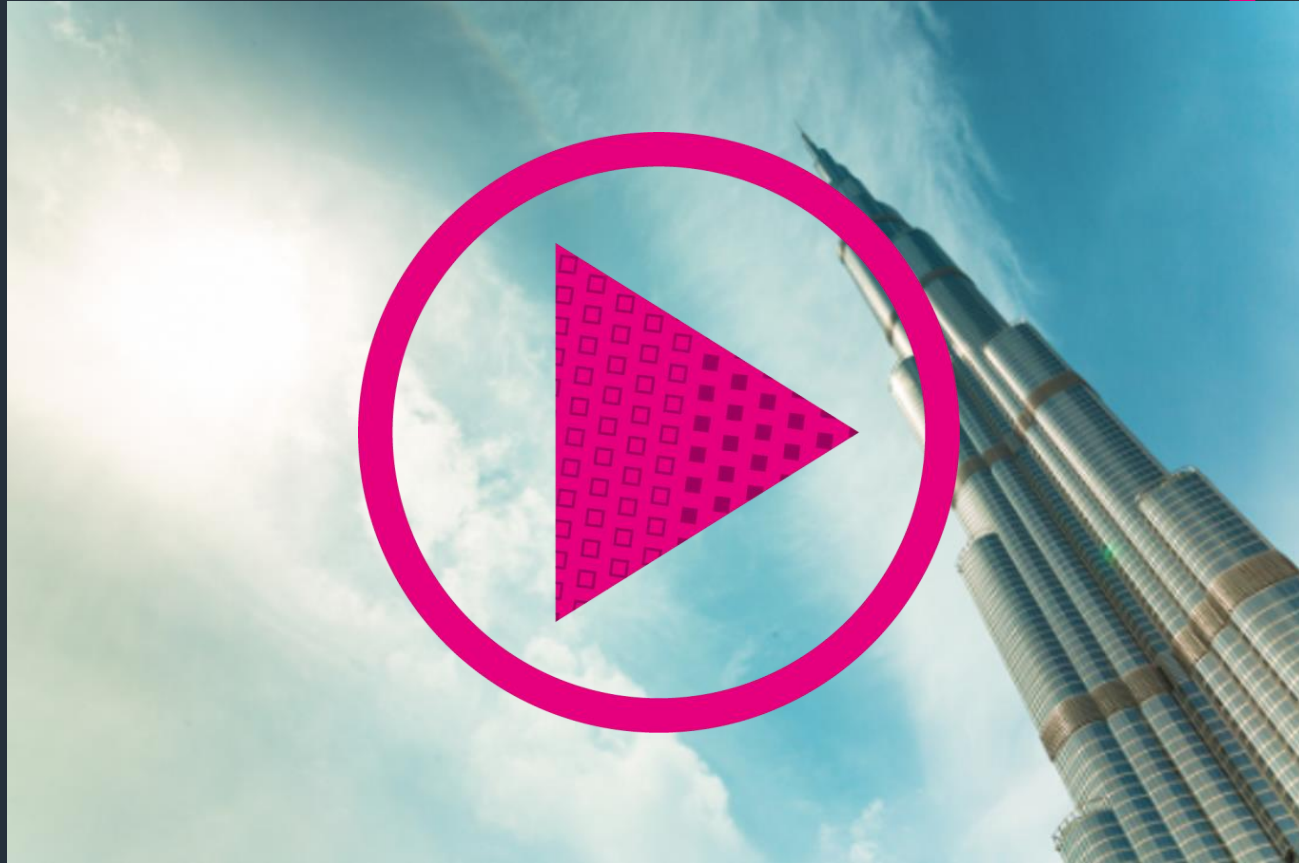
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# Developing our emotional wellbeing through building a strong team

## 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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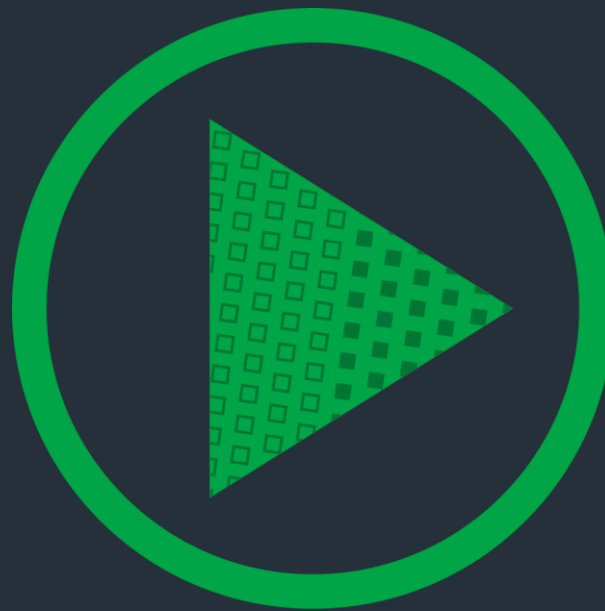


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# Athlete Mentor Wellbeing Top Tips: Grateful



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**THE  
NATIONAL  
LOTTERY**



**SPORT  
ENGLAND**

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

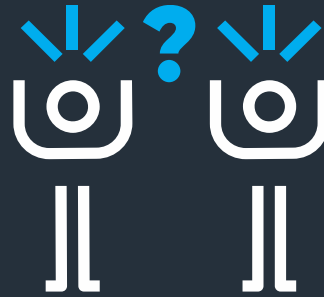
How to be an effective team member



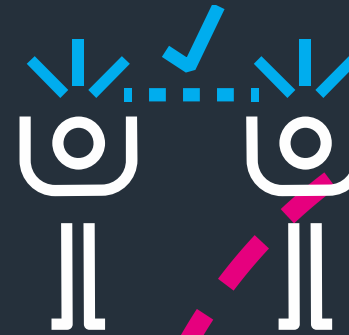
Listen  
Actively



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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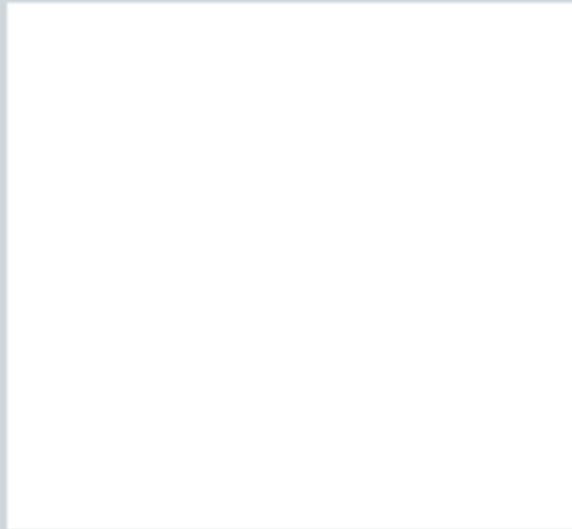


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**Your environment influences  
who you become, what you  
believe and do.**

Who can support you?



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# **ACTIVE IN MIND**

**SESSION 3**

**COPING WITH STRESSORS**



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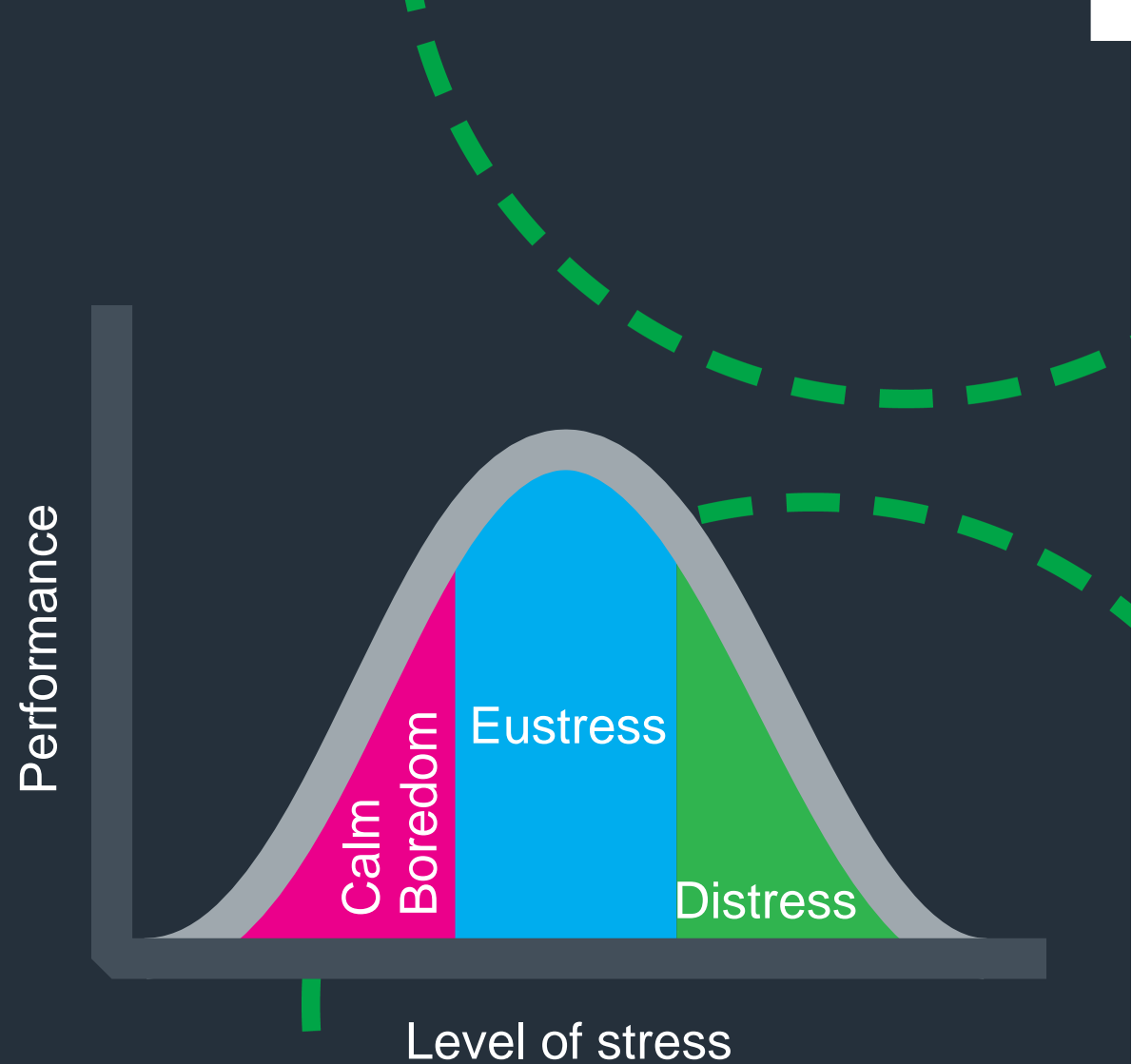


# Developing our Emotional Wellbeing through building resilience to stress

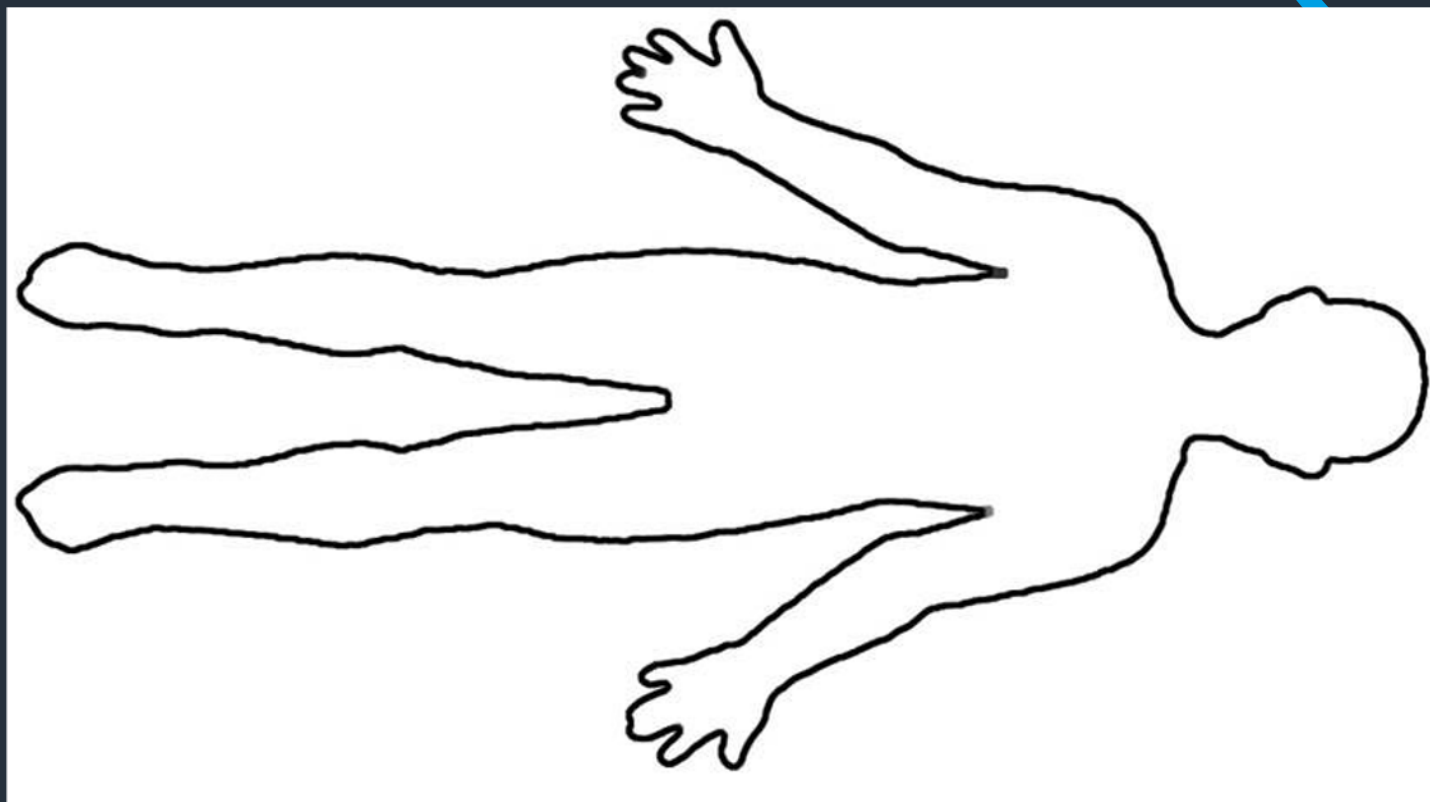
## Outcomes:

- 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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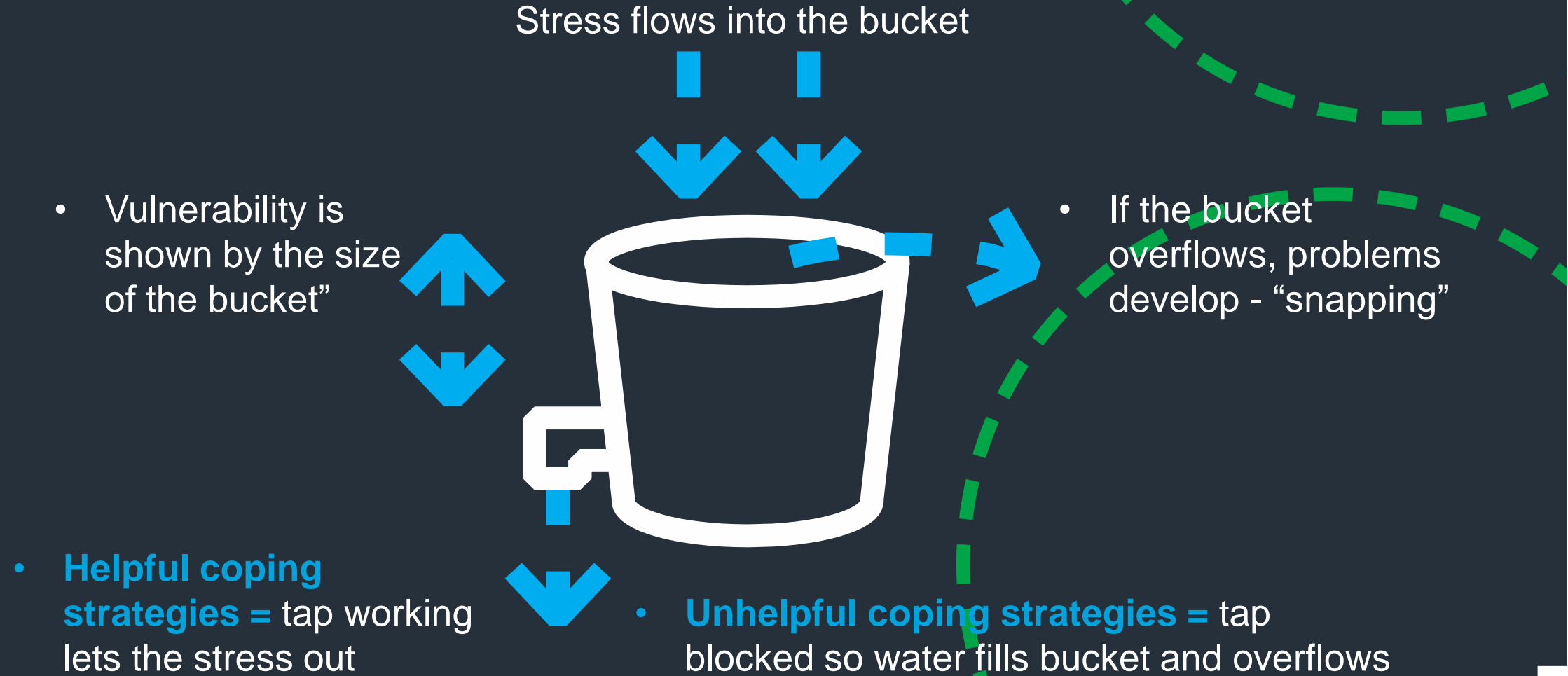


# Developing our Emotional Wellbeing through building resilience to stress

## 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



# Helpful Strategies

**Stressors**

<p><b>What are my stressors?</b> What stresses me out...</p> <div></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></div>	<p>What can you do to influence your body's response to stress?</p> <div></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**



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# 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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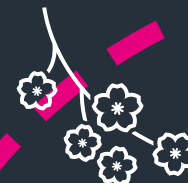
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# Athlete Mentor Wellbeing Top Tips: Mindfulness 2



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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...



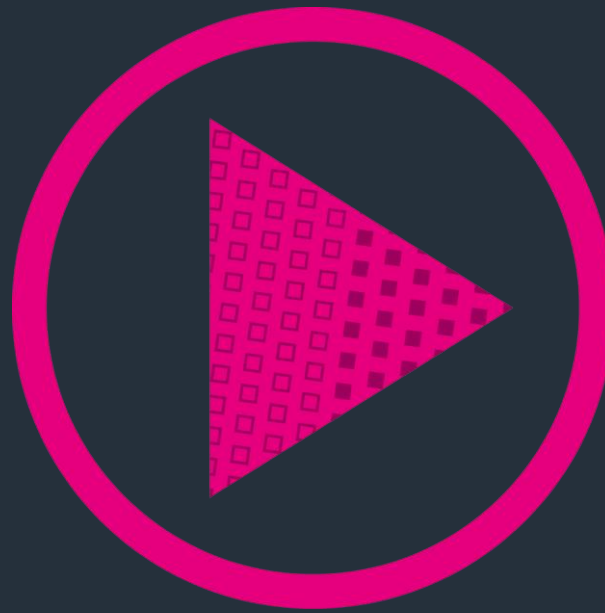
When we are organised we feel  
calmer. How could you be more  
organised?



What could you change at home



# 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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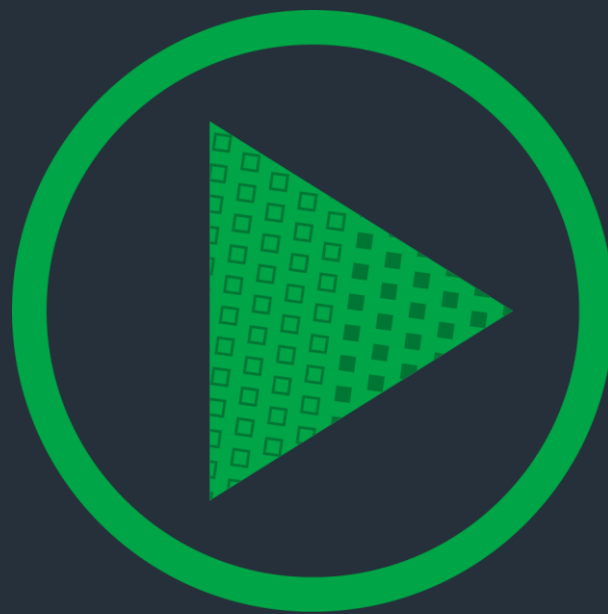
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# Athlete Mentor Wellbeing Top Tips: Power Poses



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# 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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