

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 look after your own 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.
- Talk it through with a mate, coach, club or team member.
- Take time out. This includes taking a break from your responsibilities if you need to.
- 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.
- 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.
- Spend time outdoors in nature.
- Get some sunshine – while staying sun smart!
- Set a good example for others by talking about mental health and seeking professional support.
- Find a wellbeing resource that works for you.

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.