

# What is Strong Minds?

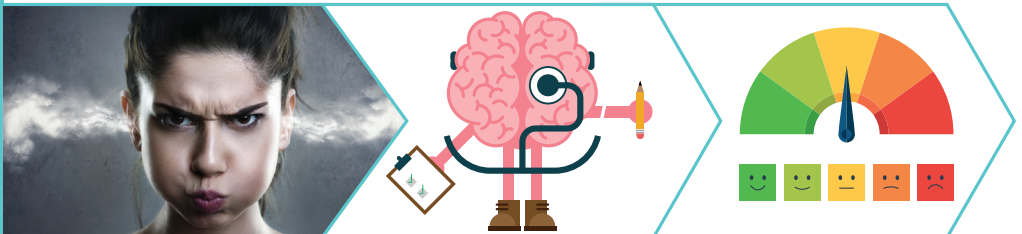


# What is Strong Minds?

- Sometimes in daily life or during competition our emotions can take over.
- Strong Minds helps us to develop skills and ways to keep well under stress, such as thinking positive thoughts, releasing stress and connecting with others.

**In Strong Minds we talk about looking after our emotional health.**

- Health isn't just physical, it is about having an optimistic approach and being able to enjoy life.
- It is being able to handle challenges in your life.
- Emotional health is about the ability to accept, understand and express our feelings.
- It allows us to be in control of our thoughts, feelings and behaviours.



# Signs of Stress

## Emotional signs

- Becoming easily upset or mad.
- Feeling overwhelmed.
- Having difficulty relaxing.
- Feeling bad about yourself (low self-esteem).
- Avoiding others.
- Inability to focus.
- Poor judgement/decision making.
- Worrying a lot.

## Physical signs

- Low energy.
- Headaches.
- Upset stomach.
- Tense muscles.
- Chest pain and rapid heartbeat.
- Trouble sleeping.
- Nervousness and shaking.
- Aches and pains.



# Strong Minds Strategies



## 1. Stress and You:

A stress ball is one way to get rid of stressful feelings. Squeeze the ball slowly for 3 seconds, hold, then slowly release the ball for 3 seconds. Repeat 10 times.

## 2. Strong Messages:

Sometimes it's helpful to have a written list of encouraging words to read or look at – like an individual pep-talk to yourself. Take a moment to write down (or say out loud) a few things you could say to yourself to stay positive and focused.

## 3. Strong Breathing:

Deep breathing is a very common tool to help people feel more relaxed. Take a slow breath in through your nose (3-5 seconds), hold your breath (1-2 seconds), and slowly breathe out (3-5 seconds). Repeat 5 to 10 times.

# Strong Minds Strategies



## 4. Strong Stretching:

Stretching is not only good for our physical health, but also for our emotional health. Some stretches can help us to feel more relaxed.

## 5. Strong Supporting:

People can really be helpful to us when we are feeling stressed or upset. Talking to friends and family can help put worries at ease. Take a moment to think about who you can rely on to be supportive. It is also important to remember that being kind to others and showing support helps reduce your stress.



# Strong Minds Plan

- A great idea to help when you feel stressed is to have a plan. Here's an example of a plan you can use for anything that might cause you stress in your daily life. Fill out the plan using drawings or words.

## Strong Minds Template

Things that cause me stress.	Signs that I am stressed.
Strong minds strategies for me.	My strong supporting person is: