



THINK
LIKE AN ATHLETE

YOUR WELLNESS TOOLBOX

The best athletes understand they need to take the time to look after their mental well-being as much as their physical fitness.

Think about the things that put a smile on your face and put them in your “**wellness toolbox**”. Try to build some of these activities into your everyday routine, and if you are feeling down, turn to your wellness toolbox for activities that will improve your mood.

Here are some ideas:

GET ACTIVE

getting your blood pumping is a great way **to work out feelings of anger or worry**. Try one of the workout videos on our Virtual Hub to get you started.

getting some fresh air by taking a walk or throwing a ball around can often improve your mood.

GET OUTSIDE

CONNECT WITH LOVED ONES

spend **quality time** chatting or playing games **with family and friends**, whether in person or online.

QUIET TIME TO RELAX

don't be afraid to **enjoy your own space** and make time for the things you enjoy - whether that be reading, watching your favourite TV shows, painting, cooking...



BREATHE

mindful breathing is a great technique for relaxing if you're struggling to sleep, or for grounding yourself when you're feeling anxious. Check out [this video](#) for a demonstration of the 5-finger breathing technique.

POSITIVITY JOURNAL

write down something you **feel grateful for every day**. Sometimes it will be hard to think of something, but you will feel better when you do.



IF YOUR MOOD IS LOW
BECAUSE OF ALL THE BAD
NEWS, TRY TO FOLLOW
MORE SOCIAL MEDIA
ACCOUNTS THAT

**FOCUS
ON THE
GOOD STUFF**



For example,
[@the_happy_broadcast](#) on
Instagram shares “anxiety-free”
positive news stories from
around the world.

PLAYLIST OF MY LIFE

Make a playlist of songs that **represent all the different things you are feeling** and sing along. Allow yourself to feel your full range of emotions, and end on something upbeat.

HELPFUL RESOURCES

Find self-care strategies that work for you:

annafreud.org/on-my-mind/self-care/

Take control of your mental well-being with a “Well Being Action Plan”:

charliewaller.org/resources/wellbeing-action-plan-child

Manage feelings of anxiety or panic by creating a self-soothe box:

youngminds.org.uk/blog/how-to-make-a-self-soothe-box/#what-should-be-in-my-self-soothe-box?



**TALK TO
SOMEONE**

Childline.org.uk 0800 11 11
(free to access 24 hours a day)

Samaritans.org 116 123
jo@samaritans.org
(free to access 24 hours a day)

The most important thing is to speak to someone, whether that be an adult or friend you trust, or a helpline for confidential support. Just sharing how you're feeling is like a weight being lifted from your shoulders.

THANK YOU TO THE CHARLIE WALLER TRUST

for their support in pulling this resource together. The Wellness Toolbox is based on the Charlie Waller Trust's Wellness Toolbox in their Well Being Action Plan.