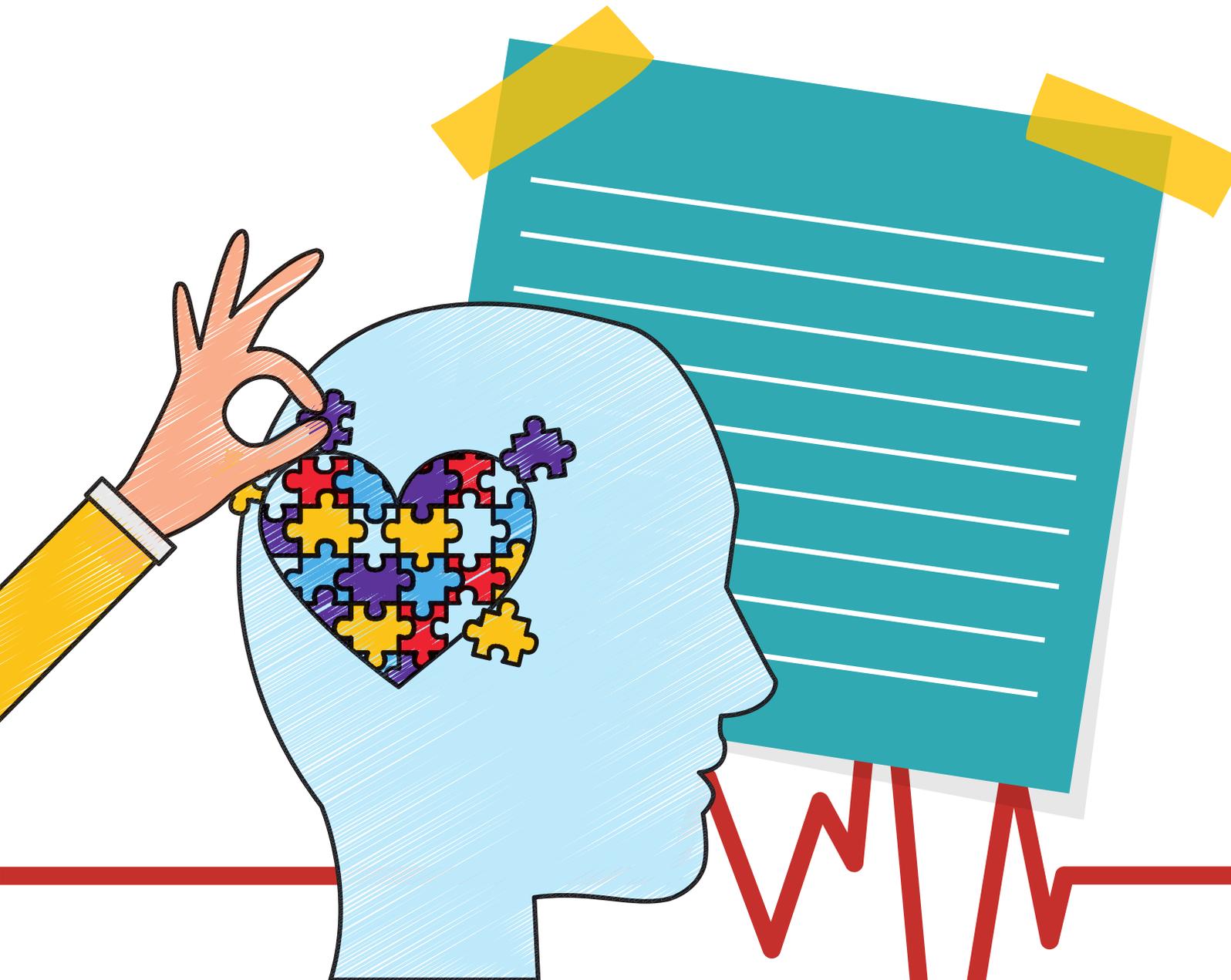




MY MENTAL HEALTH WORKBOOK

FOR HEALTHY ATHLETES

Special Olympics BC &
Kimberly Rutledge





What is mental health?

We all know a lot about our physical health and what it feels like to not be doing well. For example, we know what to do if we have a cold or if we hurt our ankle. Sometimes, we might even have to go see a doctor. Not many people know about their mental health, but it's just as important as our physical health! And it's important that we are taking care of it!

What is this workbook about?

This workbook has different activities to help us learn more about ourselves and our emotions. Additionally, we will learn about different ways to cope, or deal with our feelings. This way we have tools in our tool belt for those times when we aren't feeling our best mentally.

Everyone has mental health!



This is SO important!

We all have mental health, which is why it's important that we all take care of it! In our life we will experience all sorts of things, some happy, some not. There will have great days and sad days, and everything in between!

Your mental health can change at any moment!

Our mental health isn't like a straight road or a highway. It's a windy road, with detours, areas of construction, and lots of different weather patterns! Mental health can change from day to day or even moment to moment! Building our awareness around this can help us take care of ourselves better.

Mental health and mental illness are not the same thing!

Many people don't know the difference between **mental health** and **mental illness**. When we think of mental health, we think of our everyday wellness. All of the emotions and behaviours we experience. We **all** have mental health.

Mental illnesses are diagnosable conditions. They are often patterns of behaviour, emotions, and mood that impact a person's life. Types of mental illnesses are anxiety, depression, schizophrenia, and eating disorders. People who have a mental illness can get help from doctors and therapists and have happy and healthy lives, just like everyone else!



Let's Check in!

Right now I feel...(circle one or more)



happy



silly



sad



scared



upset



sad



angry

Check the box that describes how you're feeling....

I'm doing really great!

I'm doing pretty good!

I'm doing okay, I guess.

I'm starting to struggle.

I'm having a really hard time.

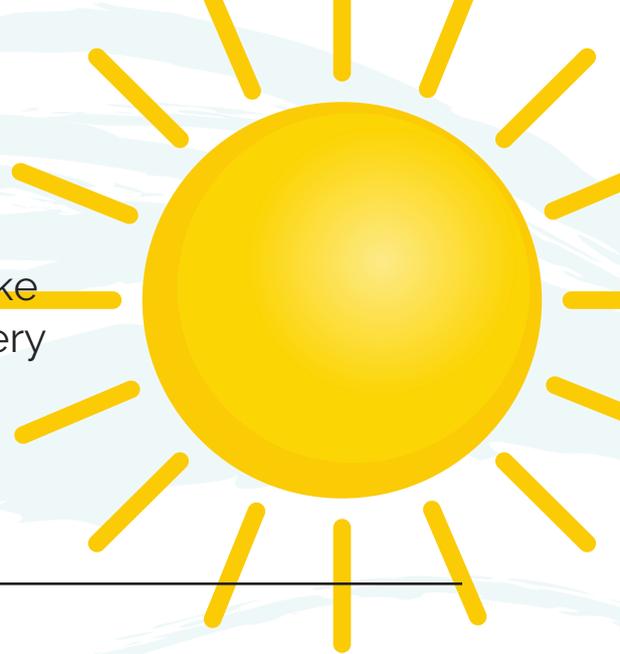
I think I need to reach out for support.

Starting with self care



Think of yourself like a battery

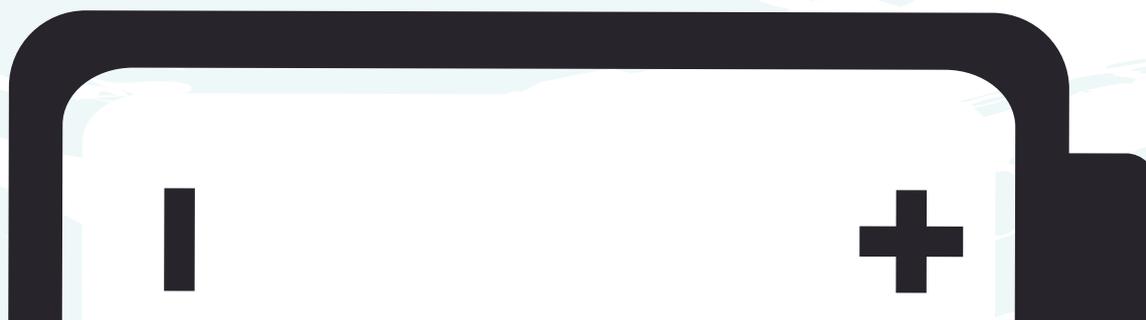
Imagine that our energy level in our body is like a battery. Everyday we wake up and our battery is charged. We're ready to go!



How do you feel on your best days?

During our day we do things like: take a shower, get dressed, and go to swim practice. All of these things drain our battery over the day. By bedtime, we might be tired. **What makes you tired?**

What does your battery look like right now?



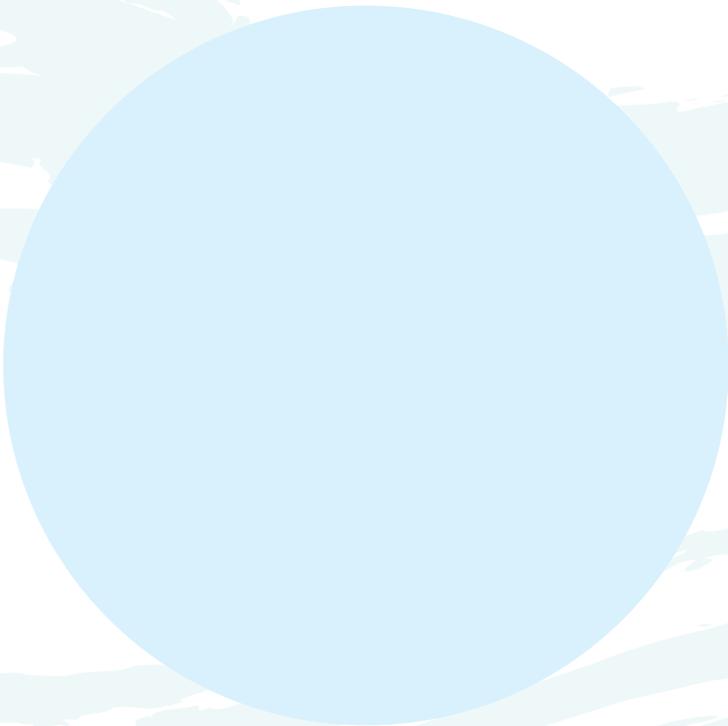


Stress can also drain our battery!

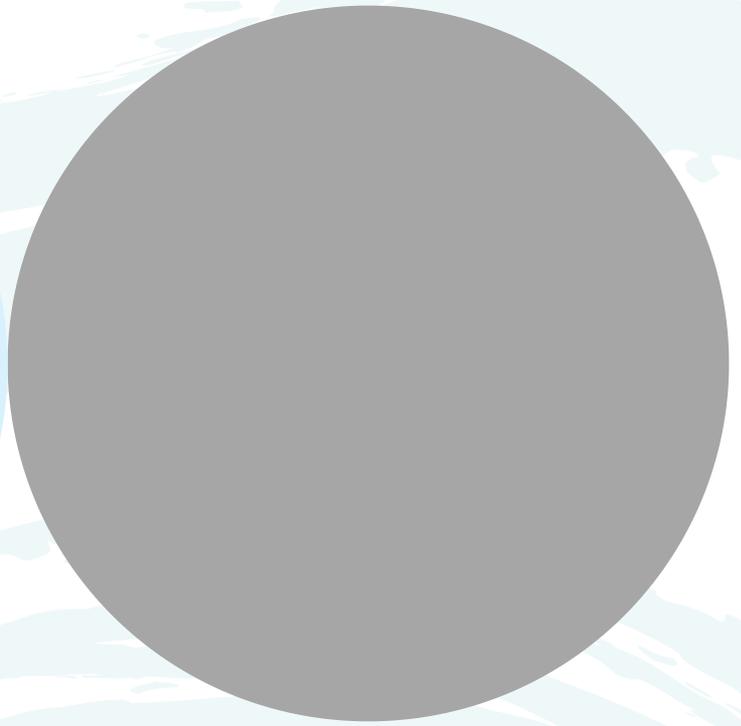
Stress can make us feel worried and uncomfortable. But not all stress is bad. **Good** stress could be what you feel right before competing and it might help you feel focused. **Bad** stress could be because you're fighting with a friend or someone in your family is sick.

Think of a time that you felt good stress and a time that you felt bad stress. Write words that describe how these situations made you feel.

Good Stress



Bad Stress



Describe a time that you felt stress



Self-Care

Refilling our battery

Self-care includes all of the things that we do that are good for us and that feel good! This includes things like exercising, sleeping well, and eating our fruits and vegetables. It also includes things like taking a bubble bath, painting, or other activities that we enjoy doing!

A great way to remember all the different kinds of self-care is by using **S.E.L.F** which stands for sleep, eat, leisure, and fun! By ensuring that our needs are met in these areas, we can keep our battery filled up!

By practicing self-care we help keep our mental and physical health strong! Write how you are practicing self care in the areas below:

Sleep:

Eat:

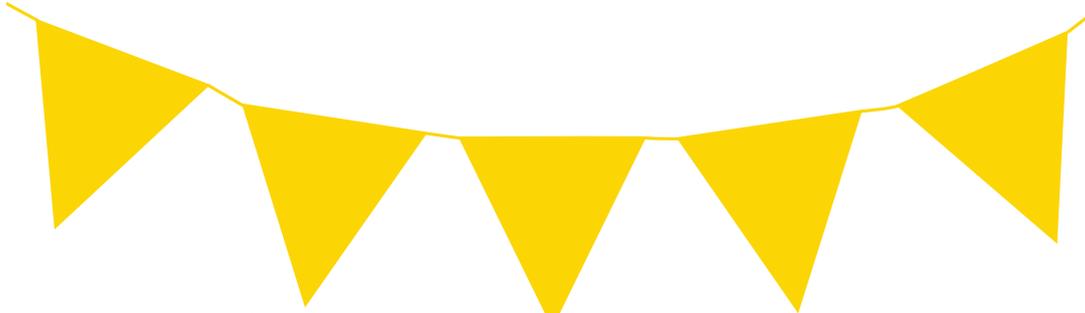
**Leisure:
(relaxing)**

Fun:

Let's Check in!

Check off what you have been doing this week!

- I've been getting enough sleep
- I have spent time with my family and friends
- I've been eating healthy
- I drank enough water
- I've been exercising!
- I've taken time for myself
- I've done something that made me happy
- I went outside and enjoyed nature
- I've been kind to myself



Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	TALKED TO SOMEONE	SMILED	REMINDED MYSELF THAT I ROCK
BRUSHED MY TEETH	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A BREAK	DRANK WATER	Free	WASHED MY HANDS	MOVED MY BODY
LAUGHED	GOT 8 HOURS OF SLEEP	CLEANED UP MY ROOM	HUGGED MY PARENTS	GOT SOME WORK DONE
READ A BOOK	WENT OUTSIDE	RELAXED	WROTE IN A JOURNAL	GAVE MYSELF A HUG

Fill-in-the-blank

Stress can look like a lot of different things. We might feel angry, irritable, sad, frustrated, or upset.

When we are feeling these ways we can use self-care to help us feel better. It's good to have ideas for what to do before you have these feelings.

1. When I feel **angry** something that makes me feel better is: _____

2. When I feel **irritable** something that makes me feel better is:

3. When I feel **sad** something that makes me feel better is: _____

4. When I feel **frustrated** something that makes me feel better is:

5. When I feel **upset** something that makes me feel better is:



Building Coping Skills





Mindfulness

Finding Moments of Calm

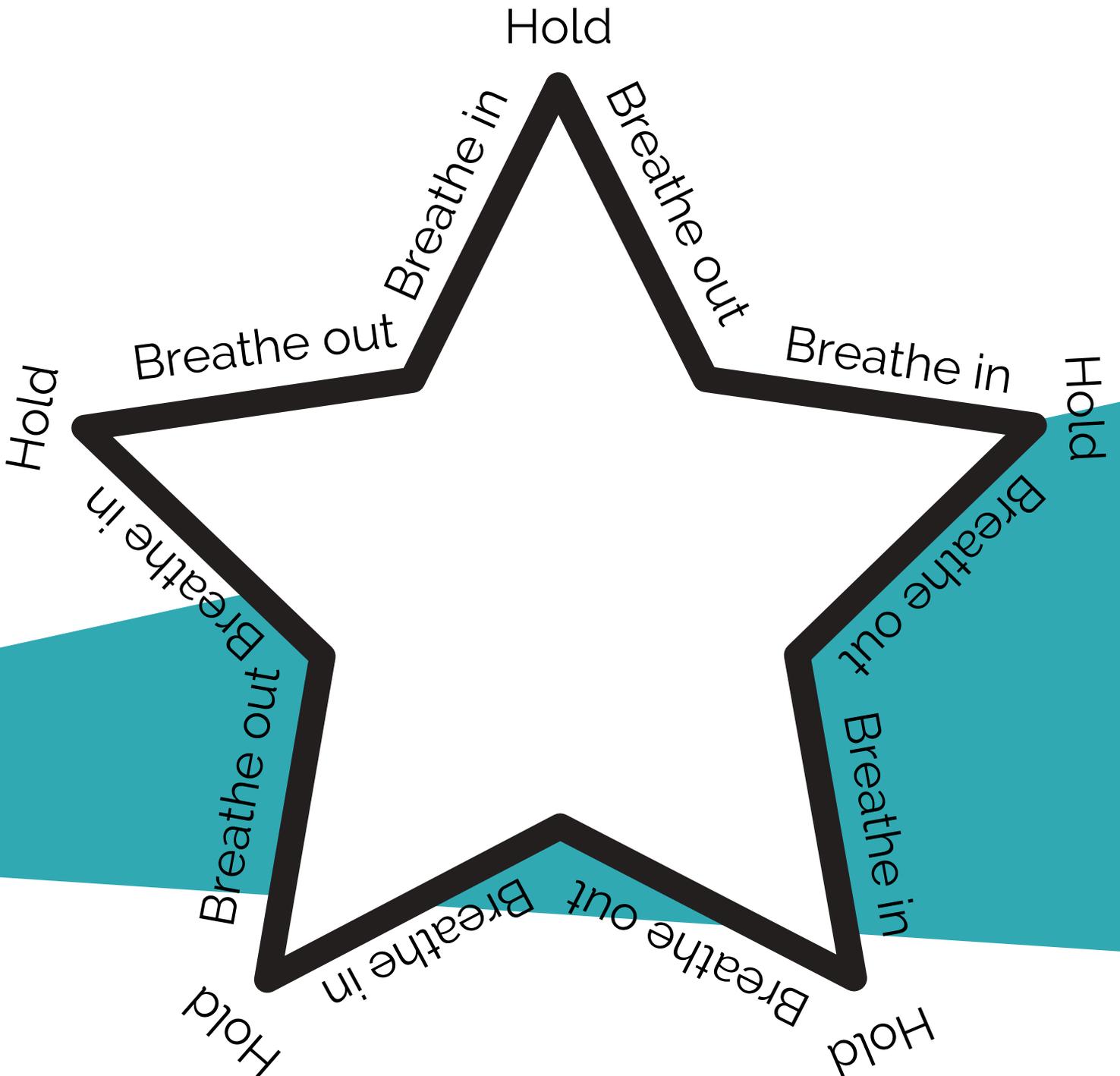
Sometimes we are so busy that we don't have time to just stop and be aware of the moment. Being present in the moment is called **mindfulness**. Practicing mindfulness can help with focus and to calm us down in times of worry or when we are feeling scared.

There are lots of ways to be mindful and anyone can do it! It just takes a couple minutes a day. Here are some mindful techniques you can try:

- **Go for a mindful walk** - while walking pay attention to the sounds that you hear and the things that you see
- **Practice breathing** - this could be simply through paying attention to your breath or through an activity such as star breathing (on the next page!)
- **Be grateful** - make a list of the things that you are grateful for, for example your family, friends, and your pets
- **Try out some yoga** - yoga is a great way to practice mindfulness while also getting our bodies moving

Star breathing

This is an activity to do when you are feeling a bit stressed or need to calm down. Start anywhere on the star and follow it until you get all the way around. It might help to trace the star with your finger.



A decorative header featuring a yellow sun with rays on the left, a teal cloud with raindrops on the right, and a central teal rectangular box containing the title. A red dashed line runs horizontally across the page below the title box.

Personal Weather Report

It can be hard to put our feelings into words sometimes. For this activity, we are going to think about ourselves as a type of weather and draw it in the space below. For example, if you are feeling happy, you might draw a sun. If you were tired, maybe a cloudy sky.

Building Resilience



Positive Self Talk

Reminding ourselves that we rock!

Positive self talk is when we talk to ourselves **kindly** and it can have a big impact on how we think and feel. It's important that we talk nicely to ourselves for our mental health. It makes us feel good! If you think a negative thought about yourself, stop and try to change it into something positive.

Fill out following to start practicing!

I feel good when...	I am proud of myself because...	My favourite thing about me is...
A way that I was kind today was...	I am unique because....	I am a great friend because...
I am really good at...	I love this about myself...	My life is amazing because...

Changing our Self-Talk

It's important to stop when we are speaking negatively about ourselves and change what we are saying to something more positive, here are some examples.

Instead of saying "I give up"

Try thinking...

This is a challenge that I will overcome!



Instead of saying "I can't do this"

Try thinking...

I'm going to start with the part that I can do!



Instead of saying "I'm not good at this"

Try thinking...

I'm going to get better at this!

Instead of saying "I suck"

Try thinking...

I'm doing my best and that's awesome!



Instead of saying "This is too hard!"

Try thinking...

Let's try it a different way!



Instead of saying "I hate change, I don't want to do it!"

Try thinking...

Change can be scary, but I'll try



Instead of saying "I'm so stupid"

Try thinking...

Everybody makes mistakes, that's part of learning. Now I know for next time!



Practicing Gratitude

Gratitude is about recognizing the things that we are thankful for. Practicing gratitude increases happiness, improves health, and helps us deal with hard times.

List 5 things that you are thankful for:

Name three people that make you happy:

What is something that you are looking forward to?



My support system



Your support system is those in your life that you can trust. When we go through hard times, it's nice to have people we can lean on for support. Fill in the circles below with those people in your life.

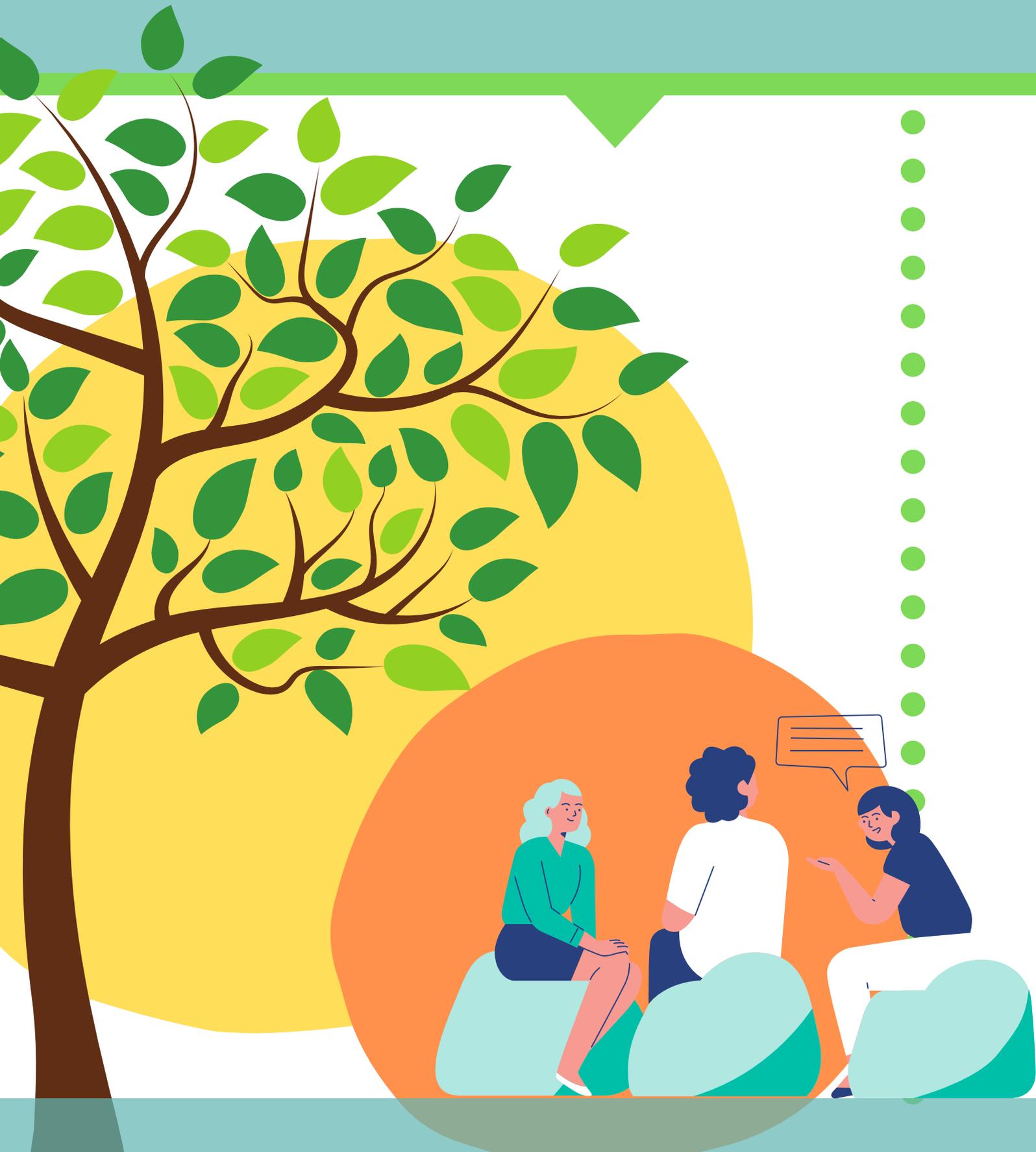
If you ever need support, you can come back and check this page!

Friends, coaches, others

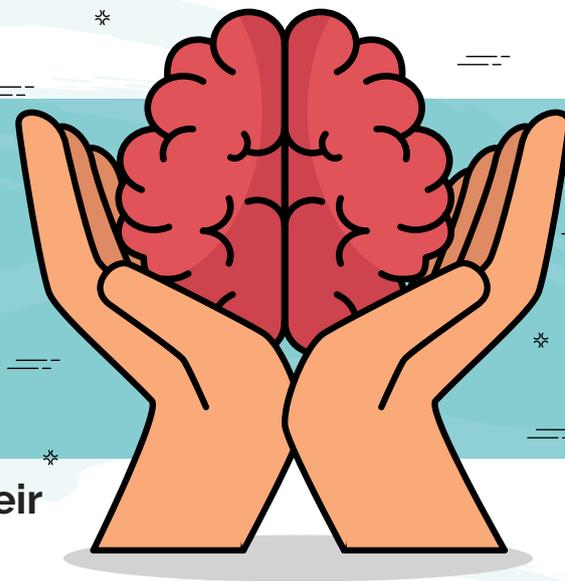
Family

Me

Supporting Others



Being there for our friends



We can check on our friends and help support their mental health!

If you notice that your friend is having a hard day or isn't acting like themselves, you can follow these steps.

Tell them you care about them.

A great first step is to remind your friend that you care about them and their mental health. You can tell them that you've noticed that they seem sad or not like themselves, and ask if they're doing okay. Reminding them that you're asking because you love them can help make them feel better.

Listen and support.

If they decide to tell you how they're feeling, give them space to do that. Try not to interrupt them or talk about a time when you've felt like that. Instead, let them talk and make sure that you are listening to them. Ask if there's anything you can do to support them.

If needed, get help

Remember that you are their friend! You aren't their mom or dad, coach, or doctor. If you think your friend needs more support, ask if they've considered talking to someone else. You can even offer to go with them.

If you are ever worried for a friend's safety, always get help right away! Tell a coach, parent, or other trusted adult.



Let's Practice!

Supporting our Friends' Mental Health

Your friend arrives at practice. They look sad and aren't warming up like they normally do. They aren't talking to their friends. How would you...

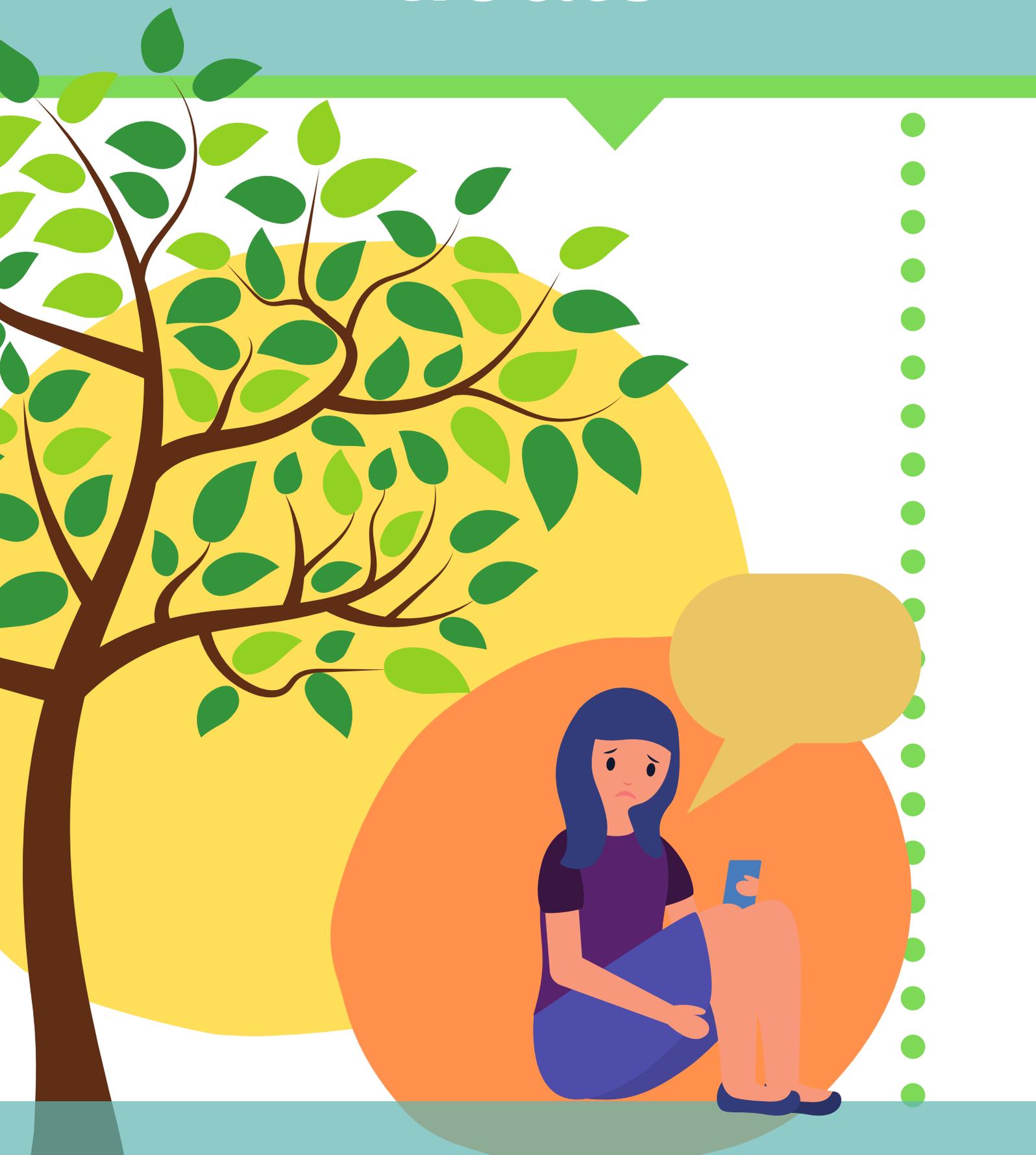
Tell them you care about them.

Listen and support.

Your friend tells you they've been feeling sad for a long time. What could you say?

Get help.

Mental Health Goals



S.M.A.R.T Goals

Take some time to reflect on what you've learned in this workbook. Are there coping strategies you want to practice? How can you build your resilience? Or be there for your friends? Use this page to start making some goals.

Specific...what exactly do you want to do

Measurable...how will I track my progress?

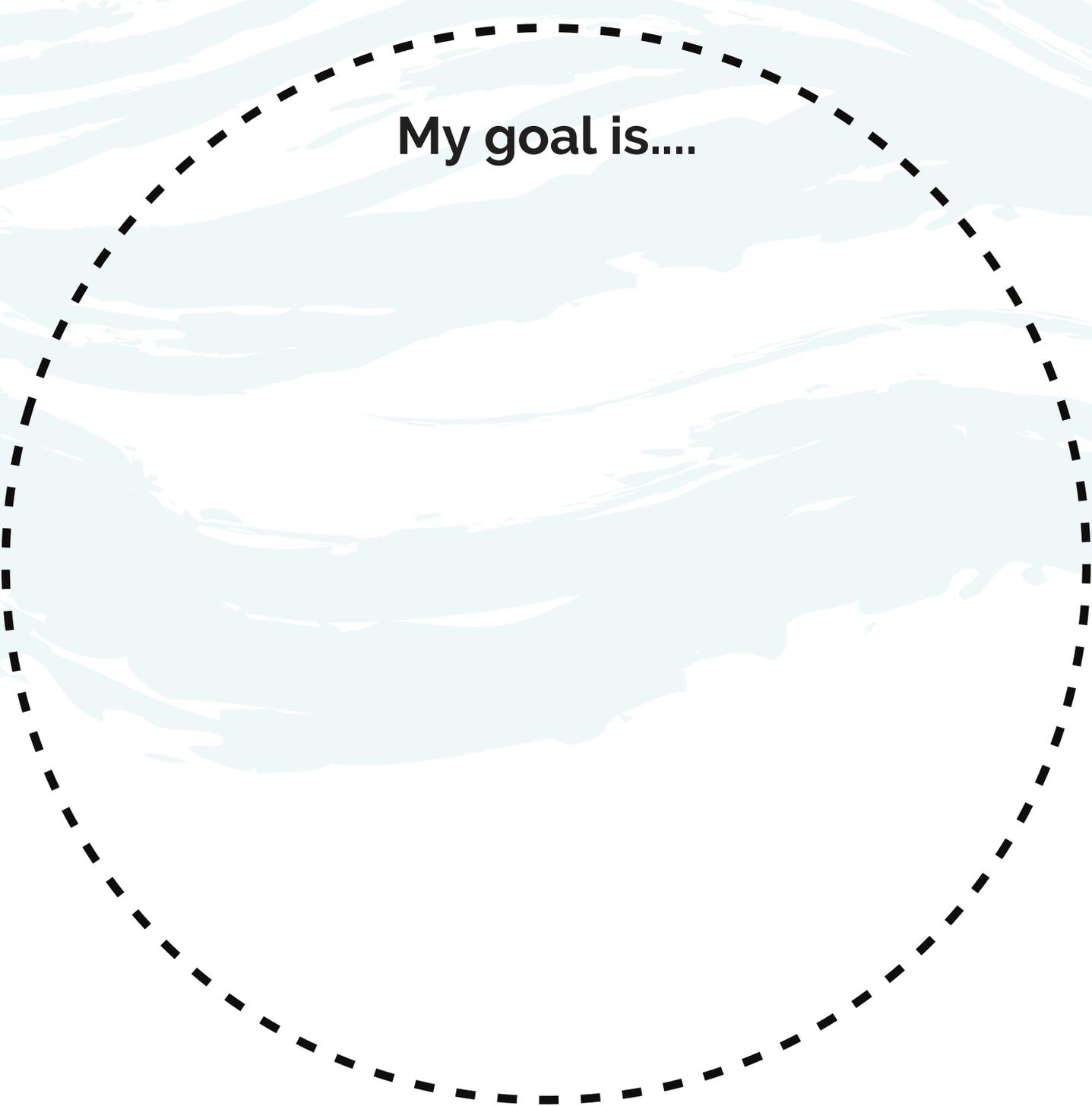
Attainable...is this something I can do?

Relevant...why am I doing this?

Time...when will I complete my goal?

S.M.A.R.T Goals

Write your goal in the middle! Tell your friends, coaches, and family about your goal so that they can help you stay on track!



My goal is....