

WELLBEING STRATEGIES

MINDFUL DISTRACTION

JOURNALLING, READING, GAMING, SOCIAL INTERACTION

GROUNDING

WALKING BAREFOOT ON THE GRASS, MEDITATION, GUIDED BREATHING

EMOTIONAL RELEASE

ALLOWING YOURSELF TO CRY, CHALLENGING WORKOUTS,
COUNSELLING/PSYCHOLOGY SESSIONS

SELF CARE

ENJOYING A FAVOURITE ACTIVITY OR HOBBY, TAKING TIME TO EXERCISE,
MINDFULNESS ACTIVITIES

CHALLENGING THOUGHTS

POSITIVE SELF TALK, AFFIRMATIONS, PRACTICE GRATITUDE

BEING OF BENEFIT

HELPING OTHERS, VOLUNTEERING, BEING OF ASSISTANCE

PROBLEM SOLVING

BREAK DOWN THE CHALLENGE, SEEK ADVICE FROM FAMILY OR
FRIENDS, FIND MULTIPLE SOLUTIONS



OUTSIDE THE LOCKER ROOM