



GAME PLAN
PLAN DE MATCH

FRIENDS AND FAMILY MENTAL WELLNESS WORKBOOK

MAINTAIN YOUR MENTAL HEALTH SO YOU CAN OPTIMALLY
SUPPORT YOUR HIGH PERFORMANCE ATHLETE



Adapted from:

CCMHS
CANADIAN CENTRE FOR
MENTAL HEALTH AND SPORT



Adapté de :

CCSMS
CENTRE CANADIEN DE LA
SANTÉ MENTALE ET DU SPORT



“Grounding Yourself”

Before you begin, take a moment to ground yourself in the present moment.

Grounding is a technique rooted in mindfulness that helps bring the mind away from challenging emotions and towards the present moment. You can use grounding techniques when you're feeling anxious, panicked, frustrated, or distressed in any way. Today we're sharing two tools to help you ground yourself in your senses.

1. The 5-4-3-2-1 technique:

5 Notice five things you can see

4 Notice four things you can touch

3 Notice three things you can hear

2 Notice two things you can smell

1 Notice one thing you can taste

2. A body scan

Tune in to the sensations in your body. Try it out with this guided meditation from https://youtu.be/_DTmGtznab4

CHECK-IN WITH YOURSELF

What zone am I in right now?





Self-Awareness Worksheet

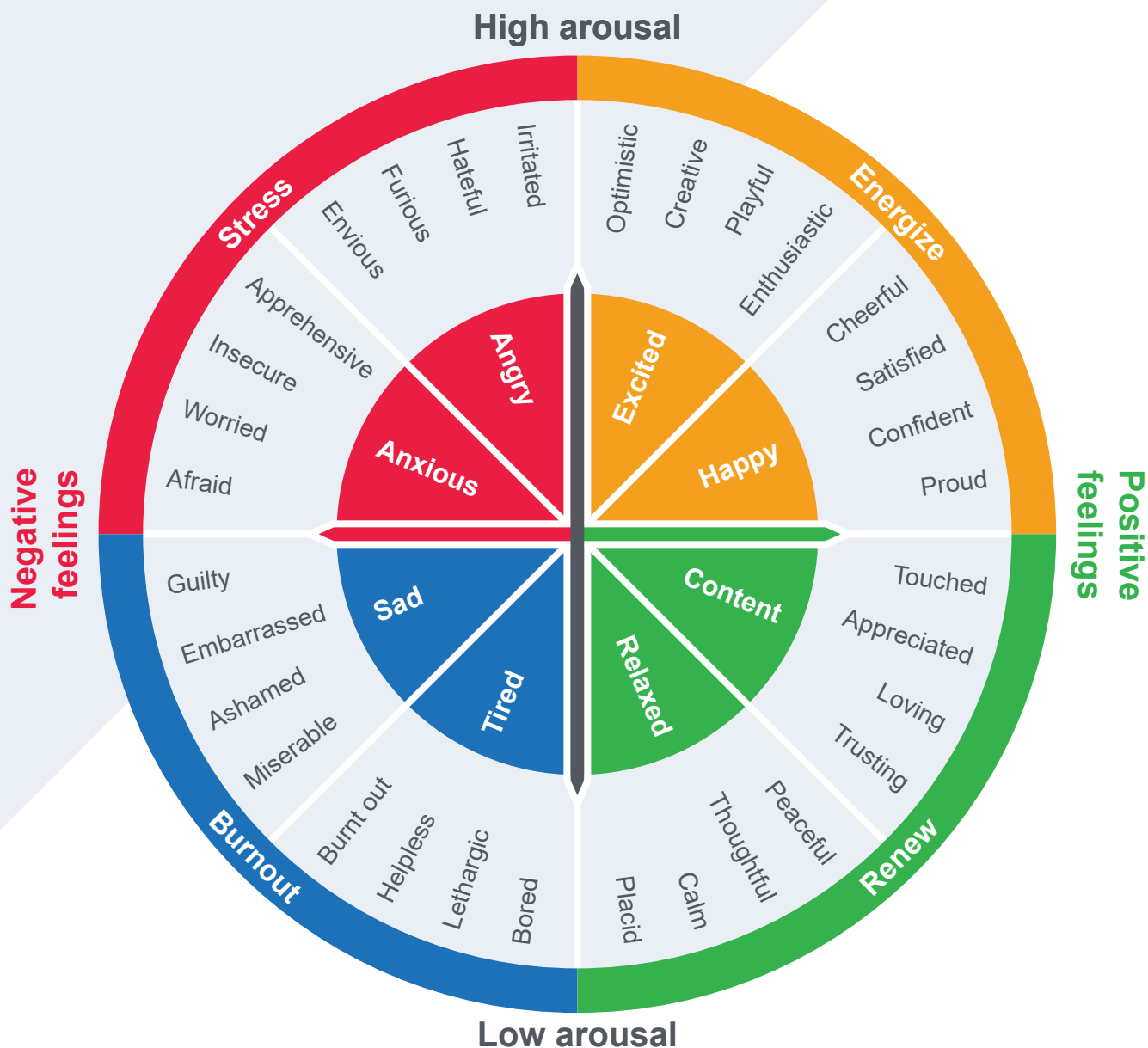
“Zones” represent physical, emotional and psychological states that we experience as we move through life. We may feel comfortable (green zone), challenged (yellow zone), or at a point where we need to stop, take a step back and re-evaluate (red zone). Generally, people are better at noticing the physical signals (e.g., stomach ache, sweaty palms, elevated heart rate) that indicate they are moving through these different zones as they go about their day.

However, we tend not to be as skilled at recognizing and labelling the behaviours, thoughts, and emotions we experience as we move through our comfort, challenge and stop zones during our daily lives. But being able to recognize when we’re not feeling like ourselves is an important skill and can prevent distress if we intervene early. Continued self-awareness is the foundation of mental health maintenance. In order to intervene when our mental health is declining, we first need to notice the “signals”.

EXERCISE: Complete the chart below to identify some of the behaviours, thoughts and feelings (signals) that correspond to your mental health zones. REMEMBER: Your signals are likely very different from others because many factors influence how we move through the world!

	COMFORT ZONE	CHALLENGE ZONE	STOP ZONE
	Explore the 'signals' that let you know you're in the green zone	Explore the 'signals' that let you know you're in the yellow zone	Explore the 'signals' that let you know you're in the red zone
IDENTIFYING YOUR "SIGNALS"			
Looks Like <i>How am I behaving? How am I interacting with others? How do I look?</i>	<i>For example:</i> - I am peaceful - I am patient with others - I am assertive - I smile often - I feel grateful to be alive	<i>For example:</i> - I am easily frustrated by others - I don't talk as much - I spend more time alone - I have trouble focussing - I need frequent, deliberate breaks	<i>For example:</i> - I lash out at others - I'm scared even though there is no visible threat to my safety - I worry constantly - I have trouble completing my daily tasks - I have difficulty sleeping
Sounds Like <i>What am I saying to myself (inner monologue)? What am I saying to others?</i>			
Feels Like <i>What emotions and sensations am I experiencing?</i>			

BUILD: Now that you're more aware of what it looks like, sounds like and feels like to move through your mental health zones, consider "checking-in" with yourself a few times during the day (e.g., when you wake up in the morning, before you go to bed in the evening, after working out). You can ask yourself: "what zone am I in right now?" / "How do I know?" Self-awareness is a skill that can be developed – so check in often!



ACCEPT

Acceptance is the active process of embracing all human experiences without trying to control or change them.





“Accept” Attitude of Acceptance

Acceptance is the active process of embracing all human experiences, without trying to control or fight them (Henriksen et. al, 2019). When we cling to situations that are not our reality (e.g., expected preparation for the Olympic Games), we take up room and block those that may be coming next (e.g., effective physical or psychological training). It is not the presence or absence of undesired thoughts and emotions that predict performance outcomes, but rather our ability to accept these experiences and remain behaviourally and attentionally engaged with the task at hand (Gardner and Moore, 2007). When we learn to accept how we feel and think, we can move more clearly and deliberately toward committed, values-guided actions.

This worksheet invites you to lean into the process of self-awareness, labeling, and acceptance. Each thought and sensation you experience presents an opportunity to ACCEPT your thoughts and feelings, allowing you to make productive decisions about what to DO with those thoughts



Identify Your Thoughts and Sensations

First, you are invited to identify your **thoughts** and **sensations**. When you start identifying and naming your thoughts, you begin to create distance from them (Hansen & Haberl, 2019). Try writing out both the helpful/productive/positive and unhelpful/unproductive/negative thoughts and feelings you are facing, using the following prompts:

I am having the thought that...

e.g., I am having the thought that my loved one will get sick at the Olympic or Paralympic Games

e.g., I am having the thought that I am missing out on my loved one's Olympic or Paralympic experience

I am experiencing feelings of...

e.g., I am experiencing feelings of anxiety

e.g., I am experiencing sensations of muscle tension

Identify the Facts about Your Situations:

Next, you are invited to explore the **factual evidence** available to you regarding the event(s) or circumstances that have contributed to you experiencing these thoughts and sensations. Try writing out the facts about your current situation, using the following prompts:

Facts about my situations:

e.g., What are the COVID protocols for the Olympic or Paralympic Games?

e.g., What precautions are Games organizers and Team Canada taking? (e.g., COVID tests, screening, return home immediately after competition)

The things I know...

e.g., My loved one is vaccinated

e.g., My loved one is well-prepared to compete in the Games

e.g., My loved one has a lot of support at Games

Exploration of Control:

Finally, you are invited to review and reflect on the two lists you have made and brainstorm the elements of this situation that are within your control. Consider your environment (physical and online), social interactions and communication (physical and online), information intake, feelings, body sensations, thoughts, and actions. Try separating your lists into the following categories:

Within my control:

Outside of my control:

Accept all thoughts and sensations, as they are very real and your body's chosen response to your current situation. Shift your focus to those that are within your control, freeing up space and mental energy to be expensed on other, more productive tasks.

Next steps?

Choose to **DO** something with your control.

Choose to **FOCUS** on something within your control.

Choose to **REMIND** yourself often of the things within your control.

SELF-CARE WORKSHEET



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INTRODUCTION: This worksheet was developed by Game Plan and the Canadian Centre for Mental Health in Sport. Being honest with yourself is the first step in creating a reliable self-care plan.

IMPORTANT: This is not a replacement for mental health support. If you think you may need to speak to a mental health professional, don't wait.

SECTION A

HOW I CURRENTLY COPE

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break?

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. *Which strategies do you use?*

Self-care is the practice of taking an active role in preserving or improving one's health and well-being through lifestyle design and daily choices. Self-care extends beyond your basic physical needs. You need to consider your psychological, emotional, spiritual, social, financial, and well-being.

POSITIVE COPING STRATEGIES	NEGATIVE COPING STRATEGIES
• Deep breathing	• Yelling / acting aggressively
• Stretching	• Training more
• Meditation	• Overeating / skipping meals
• Listening to music	• Drinking alcohol
• Going for a walk	• Procrastinating
• Reading	• Scrolling through social media
• Taking a bath	• Avoiding the situation / person
• Socializing with friends	• Biting fingernails
• Engaging in a hobby	• Using drugs or smoking
• Being in nature	• Withdrawing from friends / family
• Other: _____	• Other: _____

The 24h mental health crisis line: Call: 1-833-456-4566 | Text: 45645
<https://www.crisisservicescanada.ca/en/>

* Adapted from Homewood Health (2016) Self Care Starter Kit and materials developed by the University of Houston Graduate School of Social Work, Reiser & Butler (N.D.).

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*Need help thinking of self-care activities? Here's a short list. Which ones that resonate most for you?
Are there other things you like to do that aren't on this list?*

Make a gratitude list
Listen to music
Practice yoga
Take a nap
Hangout with friends

Dance, sing, play an instrument
Make art
Meditate
Go for a walk or hike
Play with your pet

Cook, bake
Read/watch something funny
Do a random act of kindness
Deep breathing
Spend time with family



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SECTION B

MY SELF-CARE NEEDS

We are all faced with unique challenges and no two people have the same self-care needs.

Take a moment to consider what you value (*what are you moving towards in sport and life?*) and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self-care needs). Remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and academic well-being.

DAILY SELF-CARE

	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
Mind (e.g., disconnect from electronic devices, journaling, make a budget, make a to-do list, seeking support from a counsellor, working on my mental game, make bed every morning)		
Body (e.g., eat regular and healthy meals, good sleep hygiene, go to the doctor/physiotherapist regularly, stretch, stay hydrated)		
Emotions (e.g., celebrate my “wins”, use positive affirmations, be mindful of social media use, acknowledge my emotions through journaling, engage in activities that bring me joy)		



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	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
<p><u>Social/Spirit</u> (e.g., spend time with family, ask for support from friends/family, cultivate relationships outside of sport, regular check-ins with a teammate or coach)</p>		
<p><u>Work</u> (e.g., setting boundaries with my colleagues, taking breaks throughout the day, blocking off time to get focused work done)</p>		
<p><u>Sport</u> (e.g., setting my expectations about how much I will communicate with my loved one at Games, supporting my loved one from a distance by watching them compete with friends and family at home)</p>		



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EMERGENCY SELF-CARE

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.

SIGNS IT'S COMING: What sort of thoughts, feelings, and behaviours might indicate that you are in distress?	
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SELF-CARE TOOL	HELPFUL (WHAT TO DO)	HARMFUL (WHAT TO AVOID)
Relaxation/Staying Calm Which activities help you relax? Which activities make you more irritated or frustrated?		
Self-Talk Helpful self-talk may include "I am capable" / "I can do this". Harmful self-talk may include "I can't handle this" / I deserve this".		
Social Support Who can you reach out to for support? Are there people you should avoid during times of distress?		
Mood / Emotions Which activities uplift your mood (e.g., watching a comedian)? What should you avoid when you're feeling down (e.g., staying in bed, going to parties)		



SECTION C

MY SELF-CARE PLAN

Once you've created your self-care plan, look at it regularly. It takes time to form good habits – add self-care time to your calendar in the same way you prioritize practices, competition, and weight training. Make a commitment to yourself to practice your self-care routine as often as possible – you're worth it.

MY DAILY SELF-CARE PLAN					
LIST YOUR "GO-TO" PRACTICES FOR EACH CATEGORY					
MIND	BODY	EMOTIONS	SOCIAL/SPIRIT	WORK	SPORT
MY TOP THREE POSITIVE COPING STRATEGIES					
1.		2.		3.	
IN A CRISIS					
HELPFUL (TO DO)			HARMFUL (TO AVOID)		
MY "GO-TO" PERSON:					



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NOTES





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Game Plan, which is proudly powered by Deloitte, was developed in collaboration with Sport Partners at the Canadian Olympic Committee, the Canadian Paralympic Committee, Sport Canada and Canadian Olympic and Paralympic Sport Institute Network (COPSIN). Game Plan's stakeholders continue to work together to provide athletes with the support and resources they need to thrive on and off the field of play.