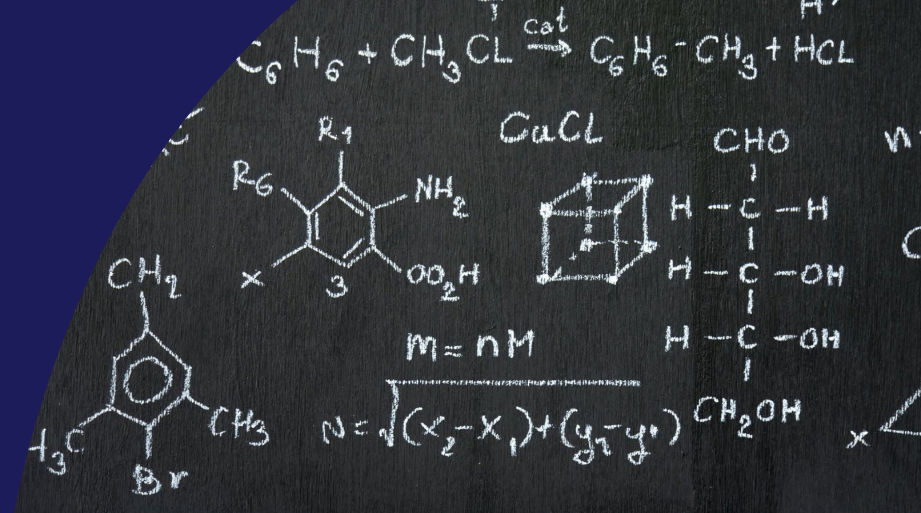




Mental Fitness

Presented by: Dave Shillington





Origin Week

- **Mon** Health assessments, recovery session, team dinner
- **Tue/Wed** Community engagement, recovery session, team bonding/motivational activities.
- **Thu** Into Camp at Sanctuary Cove, recovery session.
- **Fri** Game 2 review, field session, weights, recovery session
- **Sat** Game 3 strategy, field session, weights, recovery session
- **Sun** Field session, recovery session, team bonding/motivational activities
- **Mon** Day off, recovery session only
- **Tue** Captains run, recovery session
- **Game Day** Priming session, rest, Game time.

What is
mental
fitness?

A state of wellbeing in which
individuals **realise** their own
ability, **can cope** with normal
stresses of life, can **work**
productively , and
is **confident to tackle** whatever
the day throws at them.

Mental Health Continuum

IN CRISIS

- Angry outbursts & aggression
- Excessive anxiety/panic attacks
- Can't concentrate, control behaviour or perform duties
- Can't fall or stay asleep
- Sleeping too much/too little
- Consistent fatigue
- No socialization
- Substance/ gambling/ other addictions
- Suicide ideation

STRUGGLING

- Negative Attitude
- Anxiety
- Poor concentration & performance
- Restless/disturbed sleep
- Recurrent images/nightmares
- Increased aches & pains
- Increased fatigue
- Avoidance & withdrawal
- Increased substance use & gambling is hard to control

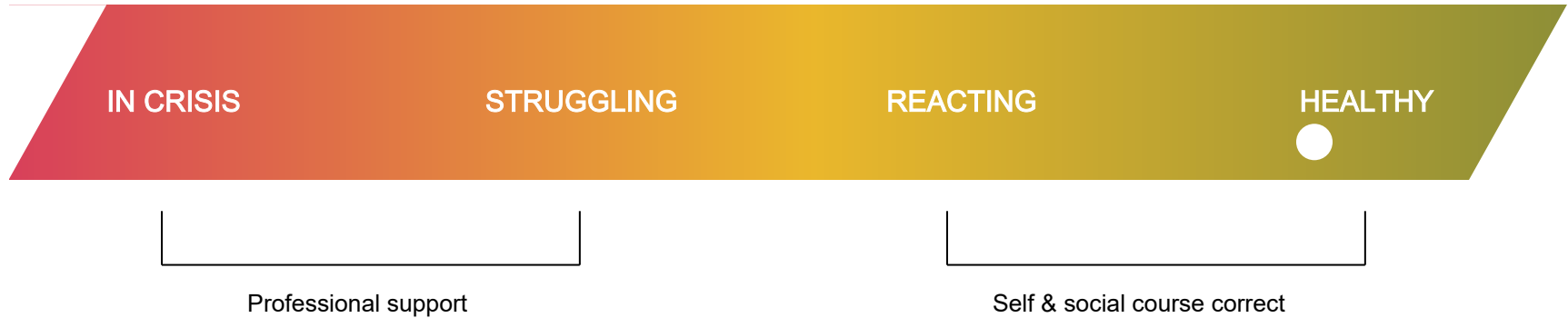
REACTING

- Irritable & impatient
- Nervous
- Overwhelmed/sad
- Forgetful
- Trouble sleeping
- Intrusive thoughts
- Low energy
- Muscle tension & headaches
- Less active & social
- Regular but controlled substance use & gambling

HEALTHY

- Normal mood fluctuations
- Performing well
- In control mentally
- Few sleep difficulties
- Physically well & socially active
- Not using substances to cope
- No, or limited, gambling

Mental Health Continuum



A man and a woman are walking past a fountain. The woman is on the left, wearing a white shirt and glasses, holding a coffee cup. The man is on the right, wearing a grey blazer and a white shirt. Three orange circles are overlaid on the image, each containing text. The background is a blurred fountain with water spraying upwards.

Safe mental health conversations

Look like?

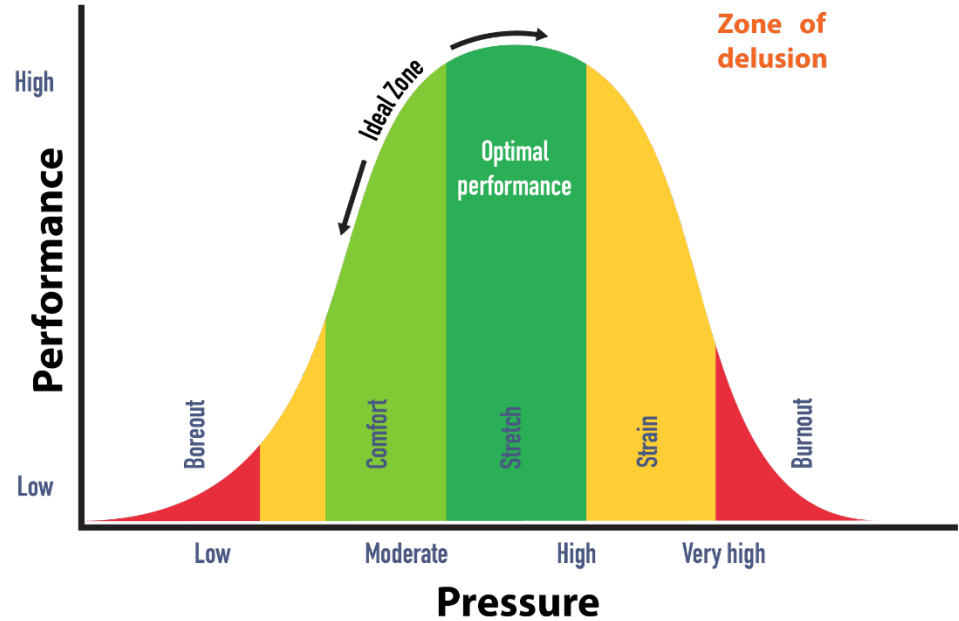
Sound like?

Feel like?

Why do we slide down the continuum?

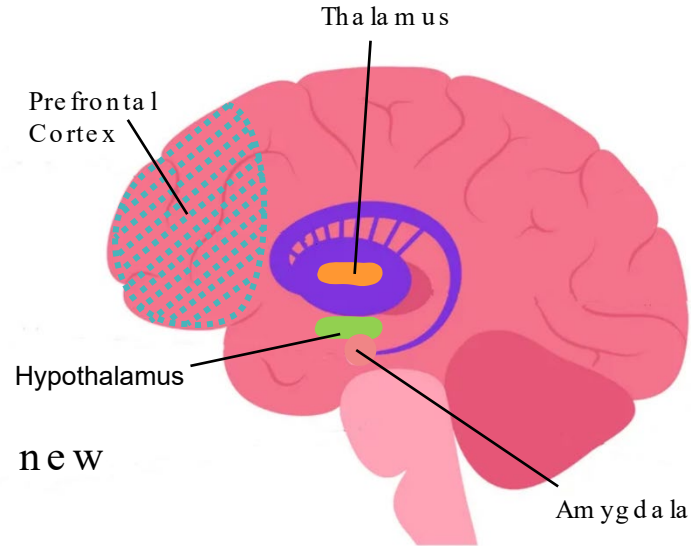


Wellbeing & performance



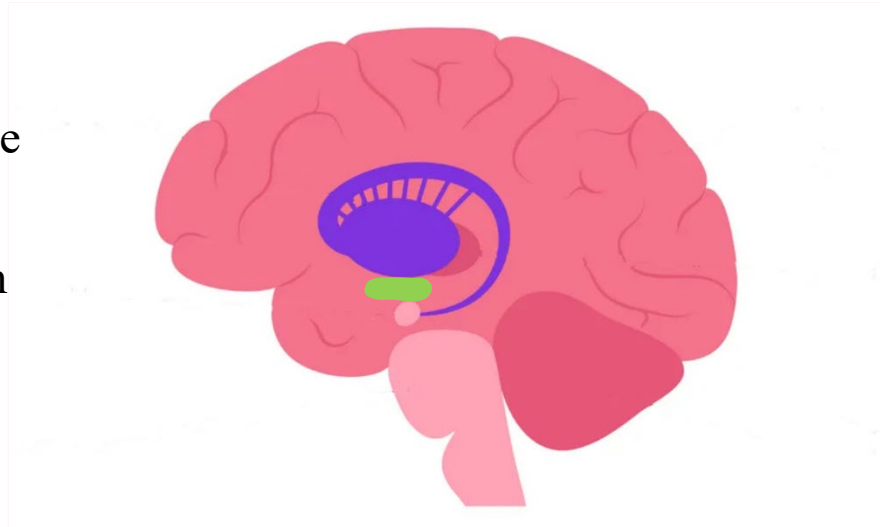
Stress & the brain

- Heart beats faster
- Blood pressure rises
- Airways open
- Breathing shallows
- Glucose & fats release
- FLEE or FIGHT or FREEZE
- Can't focus on anything new
- Don't reason, just react



Impact of Stress

- Cortisol released
- Increases appetite
- Craves glucose
- Slows metabolism
- Feel exhausted & reduced capacity
- Insomnia

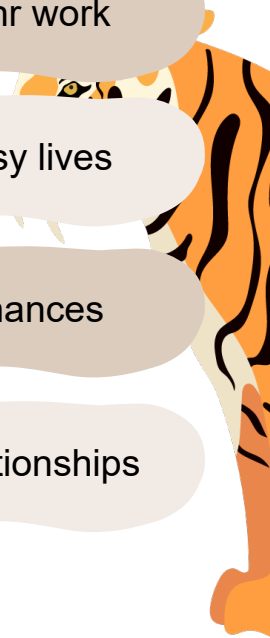


24hr work

Busy lives

Finances

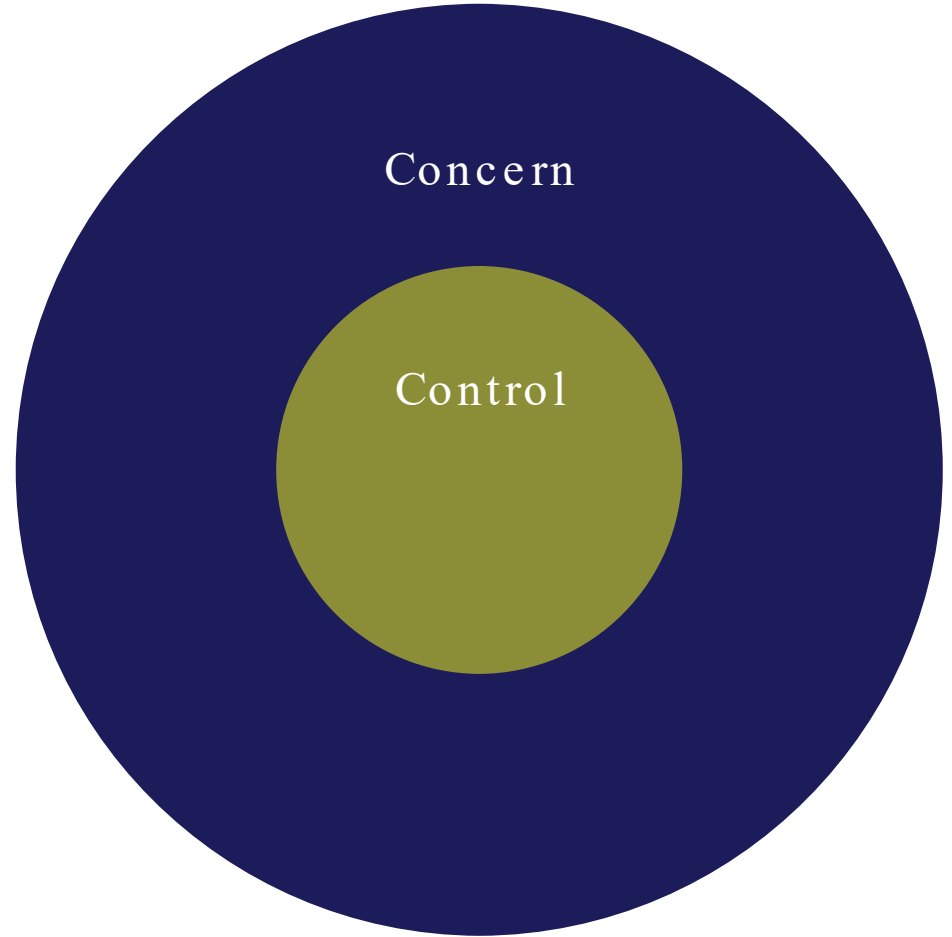
Relationships



Helpful strategies



Circle of
concern
and
circle of control



Boosting mental fitness

Gratitude in your Attitude

Gratitude is consistently and strongly associated with greater happiness. When you practice gratitude, you focus on what you have and not what you are missing.

Write down three things you are grateful for today (they can be big or small).

- 1.
- 2.
- 3.

Try this simple activity each morning, or night before bed. Set a calendar alert in your phone to practice daily. **What you focus on grows.**



Boosting mental fitness

Play to your Strengths

Understanding our strengths increases our motivation, confidence, resilience, and helps us work together in teams.

What are the three things you are good at?

- 1.
- 2.
- 3.

How do you feel when you are doing those things, understanding what you CAN do?

What actions can you take as a result?



Boosting mental fitness

Complaints Department Closed

It is estimated that the average person complains between 15 and 30 times per day. That is a lot of negative energy being put out into the world.

- List some complaints or frustrations that you voiced today.
- Were they safety concerns or complaints?
- Were they true? helpful? Kind? Timely?
- Try to survive the next 24 hours without voicing a complaint.
- What was the impact of this activity?
- What actions can you take as a result?

Remove distraction • Re - focus • What's next?



Boosting mental fitness

Laughter is the Best Medicine!

Research shows that laughter can boost your immune system and strengthen resilience.

- Think of a person or activity that makes you laugh or brings you joy.
- Schedule a catch up or the activity in your calendar.
- Enjoy their company, enjoy the activity, and most importantly have a good laugh and boost that mood.

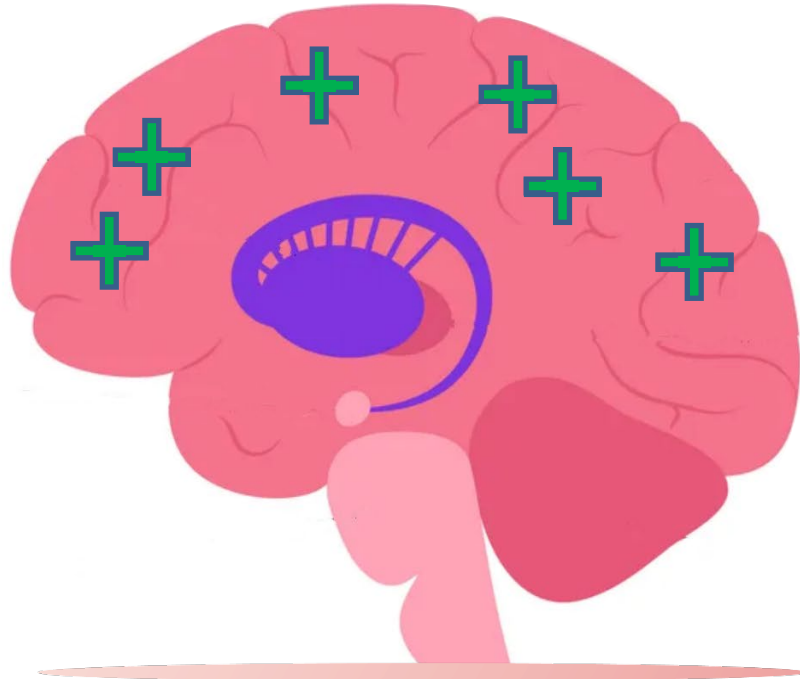
What activities bring you joy and make you laugh?



Power of Compliments

BENEFITS ...

- Trigger dopamine
- Increase happiness and gratefulness
- Strengthen relationships
- Increase stress resilience and physical health
- Create a + ve ripple effect



Power of Compliments

GOLDEN RULES ...

- Be genuine & specific
- Be timely
- Sometimes unexpected
- Don't expect anything
- NO compliment sandwiches
- NO back - handed compliments



Practicing mindfulness

Breathe!

Controlled breathing can:

- lower blood pressure and heart rate
- reduce levels of stress hormones in the blood
- reduce lactic acid build-up in muscle tissue
- improve immune system functioning
- increase physical energy
- increase feelings of calm and wellbeing
- Manages stress



TRY:

- To lengthen your exhale
- Abdomen breathing
- Breath focus
- 4-4-4-4 tempo
- 4-7-8 tempo
- Guided meditation
- Short-sharp or slow release

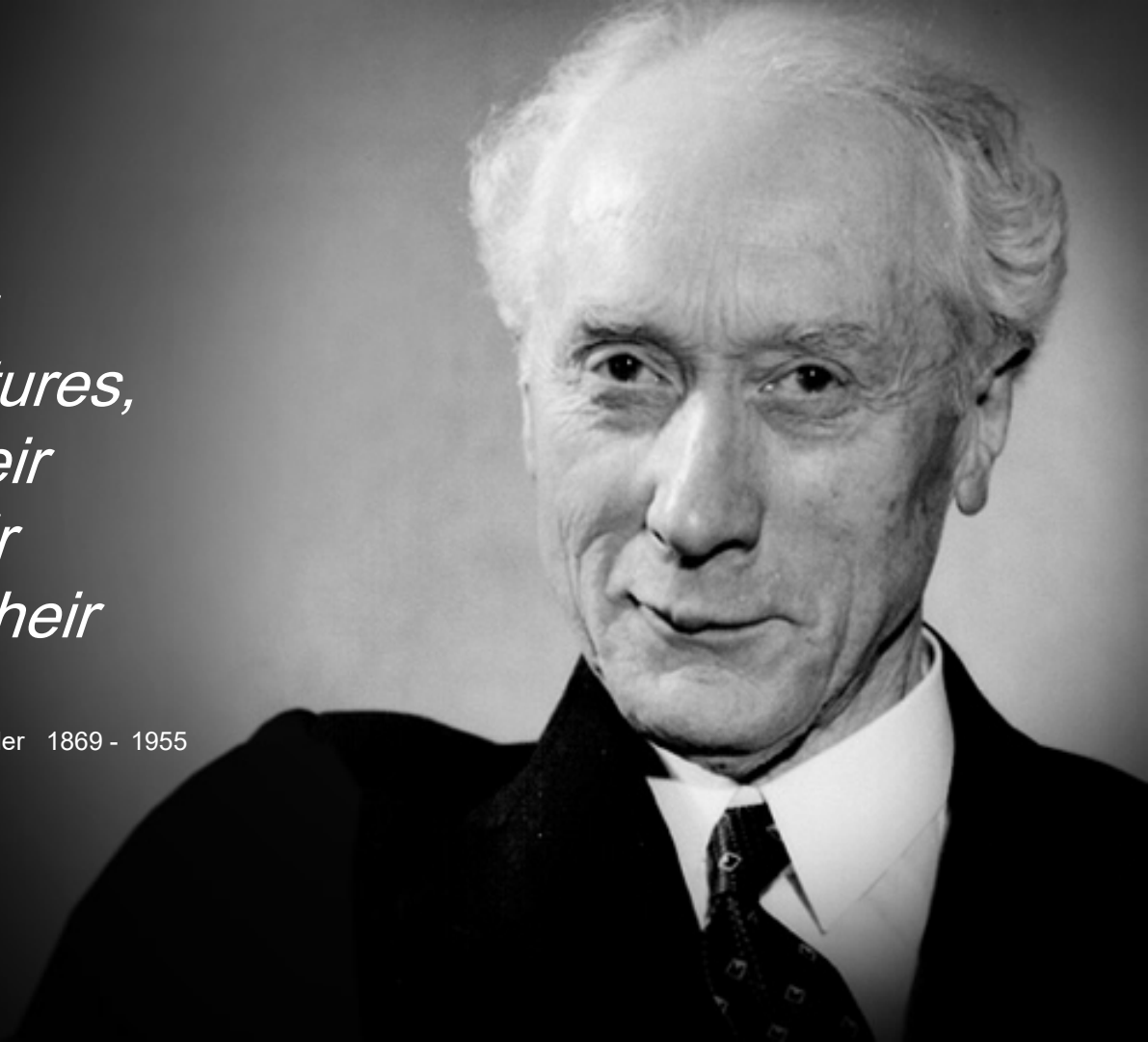


Questions to answer -

- What actions do I need to stop doing?
- What actions do I need to start doing?
- What actions do I need to do less of?
- What actions do I need to more of?

*"People do not
decide their futures,
they decide their
habits and their
habits decide their
futures".*

F.M. Alexander 1869 - 1955



Match Fit

PRIME
EFFECT

Questions or
comments?

primeeffect.com.au