

LET'S TALK ABOUT STRESS

Mental Health & Wellbeing Newsletter



APRIL

 Stress Awareness Month



Stress Awareness Month

How Stress Affects Sports Performance

Stress can have a large impact on sports performance. Unless you are a professional athlete whose daily schedule is train, sleep, eat, and repeat cycle, then you walk a fine line between balancing life stress with training stress.

Athletes can face both **training and non-training stress**, affecting both your bodies hormones, performance, energy and mood.

Non-training stress reflects on your daily life stresses i.e. work, family, finances etc. If these life stresses go unmanaged it can have influences on your growth and metabolic development.

Training stress triggered by physical activity causes hormonal, cardiovascular and muscular stress. Applying the correct amount of stress during performance can be positive, too much means you could be over-training, injured or sick.

INSIDE THIS NEWSLETTER

HOW STRESS AFFECTS SPORTS PERFORMANCE

NHS 10 TIPS TO REDUCE STRESS LEVELS

MENTAL HEALTH TRAINING REVIEW

UPCOMING MENTAL HEALTH DATES



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Top 10 Tips to Reduce Stress Levels

NHS Moodzone have developed a list of 10 things you can do to help reduce stress levels:

1. **Be Active:** Exercise can reduce some of the emotional intensity that you might be feeling, clearing thoughts and letting you deal with problems calmly.
2. **Take Control:** Taking control is empowering and can help find solutions for you and not someone else.
3. **Connect with People:** A good support bubble can help you see things differently. The activities you can do with them can also relax you and can help with having a good time.
4. **Have some "Me" Time:** We often don't spend time doing the things we enjoy, we all need to take some time for the things we enjoy.
5. **Challenge Yourself:** Setting goals and challenges for yourself through different aspects helps with confidence and stress.
6. **Avoid Unhealthy Habits:** Don't rely on drugs, alcohol, smoking or caffeine as ways of coping. These could have severe long term effects.
7. **Help Other People:** Evidence shows that if people help each other either through activities, volunteering or even just helping them cross the road can make you more resilient.
8. **Work Smarter, Not Harder:** Prioritise your work and concentrate on the tasks that will make a difference.
9. **Try to be Positive:** Look for positives in life and things you would be grateful for. Writing these down can show you what went well throughout the day.
10. **Accept the things you can't change:** Difficult situations can be hard, try focus on the things you can change and have control over.

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Mental Health Training Review

The review below is from Ashley Meehan from Topsy Toad Football Club about the **free mental health training** offered to everyone.

I hope this encourages more people to get involved and in contact with myself to provide them with the relevant training to support their clubs.

"The course was fantastic, some of the material was really useful and has allowed me to see where I was making mistakes in the wording of my questions and remember to speak in a more open-question context and reinforce some of the practices I was already doing, the round table discussions about how people would respond differently to the material depending on the situation was particularly useful and is something I have used and will remember for the rest of my life."

"The course came at a perfect time where members of the football club have been dealing with mental wellbeing due to not playing and the current situation of the Country and also for myself where I have been battling with certain situations at home, the course was instrumental in reminding myself why I do this and how I go forward with the football club. I will be recommending the course to the other individual's that help me run the Topsy Toad Football Club."

Ashley Meehan - Topsy Toad Football Club
Hope Valley League.

UPCOMING MENTAL HEALTH AWARENESS
DATES - MAY 2021



**MENTAL HEALTH
AWARENESS WEEK
10TH-16TH MAY**

**WALK TO SCHOOL WEEK
18TH-22ND MAY**

**WORLD MEDITATION
DAY 21ST MAY**

**WORLD CULTURAL
DIVERSITY DAY 21ST
MAY**