



feeling blue?



FIVE WAYS FORWARD

How to Guide – ‘Feeling Blue, Talk it Through’

What is anxiety?

It's normal to feel anxious sometimes. It's how we respond to feeling threatened, under pressure or stressed: for example, if we have an exam, job interview or doctor's appointment.

Anxiety isn't necessarily a bad thing. It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems.

However, anxiety can be a problem if it affects your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a potential mental health problem.



FOUNDATION

5 Ways to Wellbeing Explained



The Environment can influence people's behaviour, motivations, and also influence our mood. Getting Closer to nature and our natural surroundings support us to be more mindful.

When things are building up, try going for a walk, sitting amongst the grass, ride a bike or go on an adventure.

Connecting with your community is vital to improve our wellbeing, it allows us to engage in regular activities and gives us a sense of belonging and being part of something bigger.

Connecting offers social support and enhances trust. Meeting friends and family or picking up the phone can really make someone's day.



Being active keeps the body strong and healthy. It can decrease symptoms of depression, anxiety, pain and loneliness and can improve focus, sleep and energy levels.

Walking, jogging, skipping, home workouts, yoga or pilates are great ways to keep yourself active.

Simple acts of kindness that model good behaviour, show that you have compassion for others. Good deeds do not have to cost any money or take up too much time.

Kind deeds can reduce stress, improves our mood, self-esteem and happiness.



Our mental fitness is just as important as our physical fitness and shouldn't be neglected, carrying out specific mental exercises can help to sharpen our minds, focus and memory.

Try meditation, relaxation, yoga, guided imagery, mindful colouring and breathing techniques to support you to be present in the moment.



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Activity 1

Please refer to definitions and examples above to encourage conversation and ideas.

- Each way to wellbeing has its own colour: Be Active = Purple
- Put purple, green, orange, blue and yellow cones around your playing area. (Replace with different colours if you do not have all of these available).
- Coach will shout out a colour and participants will run, walk, side-step, hop, etc to this coloured cone.
- Coach will then ask a question from the list below e.g. purple = be active – use question 1 and the definition of be active to encourage conversation.
- To make this more advanced you can shout the 'way to wellbeing' and see if they can match it to the coloured cone.

Following on from this activity use the football pitch resource to encourage participants to think about who is in their 'wellbeing team'. Who would they go to should they need to talk to someone or have any concerns (family, friends, school staff, foundation staff, team mates etc).

Give out resource to participants to complete or think about and encourage them to have a look at the support links and websites on the back of the hand out.

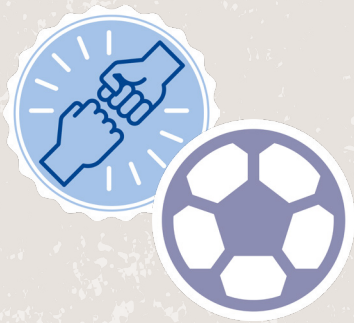
1. How can being **active** help with Anxiety/Worry? Give me an example of when you were active this week.
2. When did you **give** back to family/friend/community this week? How did it make you feel?
3. How do you feel when you hang out with family/friends? Who do you call when you need to **connect**/speak to someone?
4. What are the signs and symptoms you need to **take notice** of for someone with anxiety?
5. What did you **learn** today?



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Activity 2

- Opening game which illustrates emotions – e.g rock, paper, scissors, (Questions: How did you feel when you won, drew and lost?) Get 2 participants to play the game in front of the whole class/group – did that change how they felt?
- Talk about worry and fear (as age appropriate) being types of emotions, and why we need some emotions to keep us safe but sometimes they become unhelpful
- Intro football players who have shared a story about worry/anxiety – male and female (video link as example clip to use)
- Then get them to do an activity to think about what worry feels like in their body
- Share our **MHF evidence-based ways to deal with worry**, again go back to examples from footballers



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