



MENTAL HEALTH TOOLKIT

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Mental health is **VITAL** and the **FOUNDATION** for a fulfilling and **PEACEFUL** life, strengthening the ability to cope with daily stressors. Having the **AWARENESS** is the first step to enhancing performance and wellbeing, and to further **GROW** as a person and professional.

Mental health includes finding balance, utilizing resources, and making time for your mental space. For example, it's being able to create healthy boundaries with your professional identity, leaving work at work, and finding work-life harmony. Mental health includes finding yourself outside of your sport, profession, or any other identities you hold. What other avenues are you investing in? Ensure to invest in yourself because **YOU ARE WORTH IT**.

Through life's ups and downs, it is important to gain a mental edge. As it relates to societal pressures, it's not about putting it all on yourself. There is strength in asking for help and prioritizing your mental wellness.

MENTAL SKILLS AND APPROACHES HIGHLIGHTED:

1. Self-Talk

- a. Positive self-affirmations
- b. Telling yourself YOU CAN - powerful self-talk can lead to increased self-belief
- c. Slowing down the mind through useful reframing techniques
- d. Understanding controllables - shift the self-talk to what is controllable in any given situation

2. Breathing Techniques

- a. Being intentional with breathing
- b. Utilize it as a way to regulate the nervous system
- c. Allows to be fully present

3. Journaling

- a. Useful tool to release thoughts and feelings

- b. Ability to sit with the emotions and effectively process them rather than bottling them up
- c. Can also be used as a way to speak positive experiences into existence - all about perspective, if you believe you can, then you will

4. Utilizing Support (Teammates, Resources, Family, Friends, Etc.)

- a. Focus on building relationships
- b. Be open and honest
- c. Lean on your support system
- d. Talking through situations out loud with a trusted source allows you to feel human and to know that you are not alone - There is power in talking with others and sharing your story

You have the ability to reshape the narrative - it is okay to ask for help; you don't have to go through life alone.

***Mental health is a proactive resource,
not a problem-based resource.***

- Dr. Dez