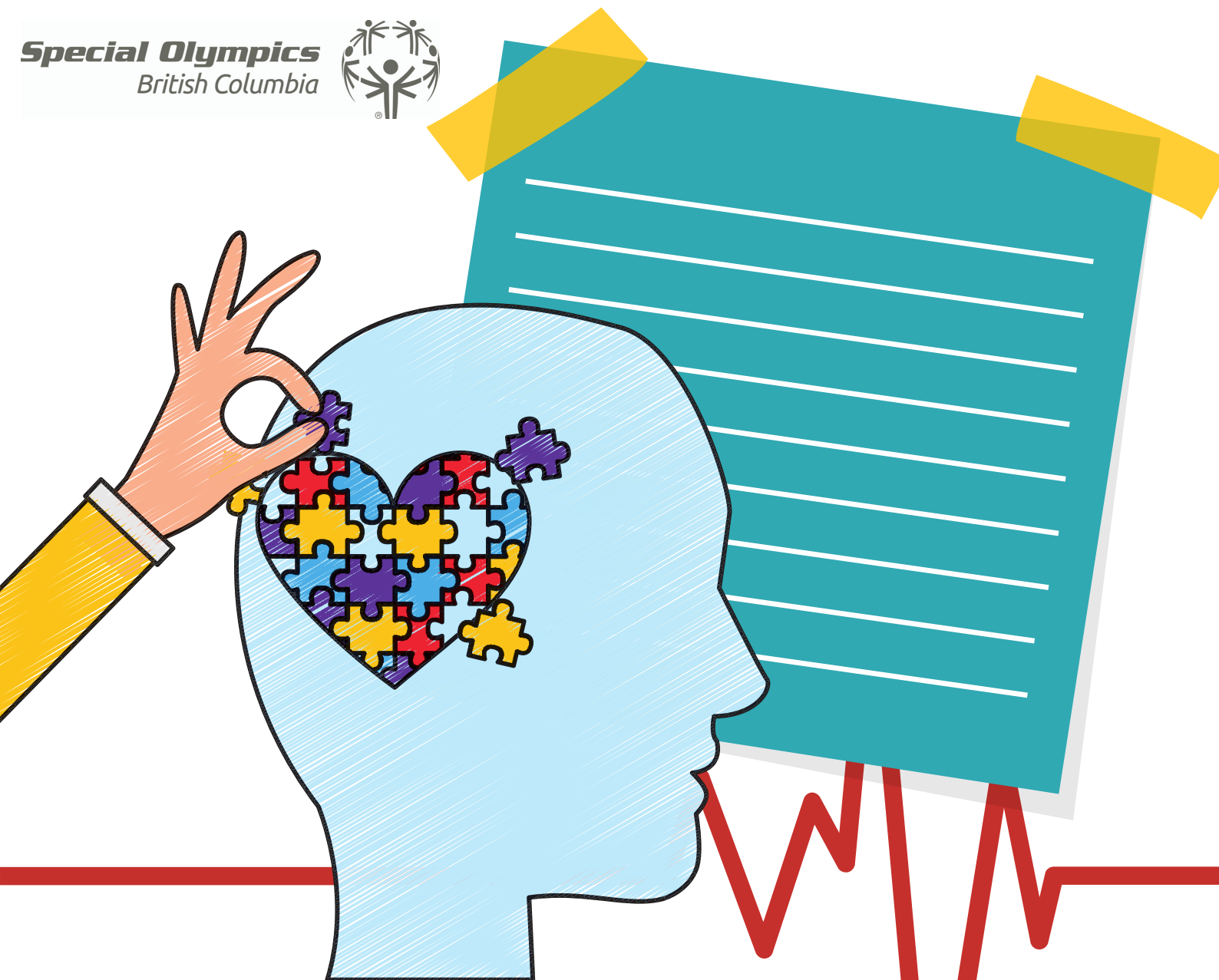


MY MENTAL HEALTH WORKBOOK

FOR HEALTHY ATHLETES

Special Olympics BC &
Kimberly Rutledge

Special Olympics
British Columbia





What is mental health?

We all know a lot about our physical health and what it feels like to not be doing well. For example, we know what to do if we have a cold or if we hurt our ankle. Sometimes, we might even have to go see a doctor. Not many people know about their mental health, but it's just as important as our physical health! And it's important that we are taking care of it!

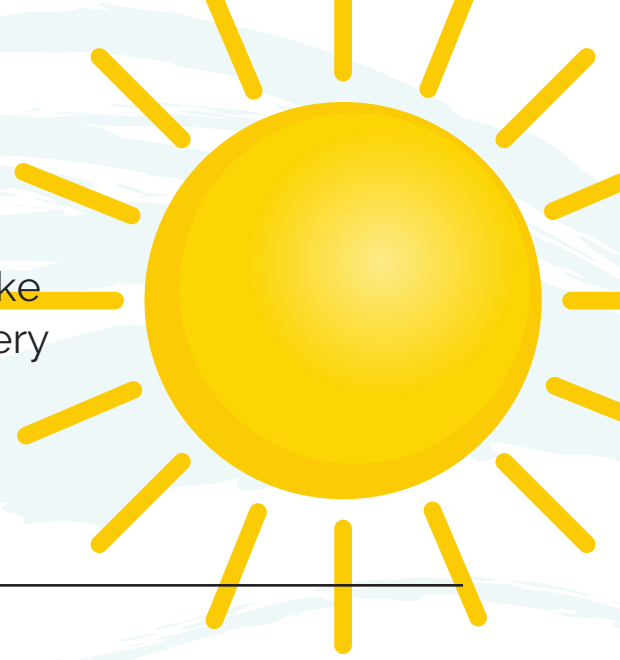
What is this workbook about?

This workbook has different activities to help us learn more about ourselves and our emotions. Additionally, we will learn about different ways to cope, or deal with our feelings. This way we have tools in our tool belt for those times when we aren't feeling our best mentally.



Think of yourself like a battery

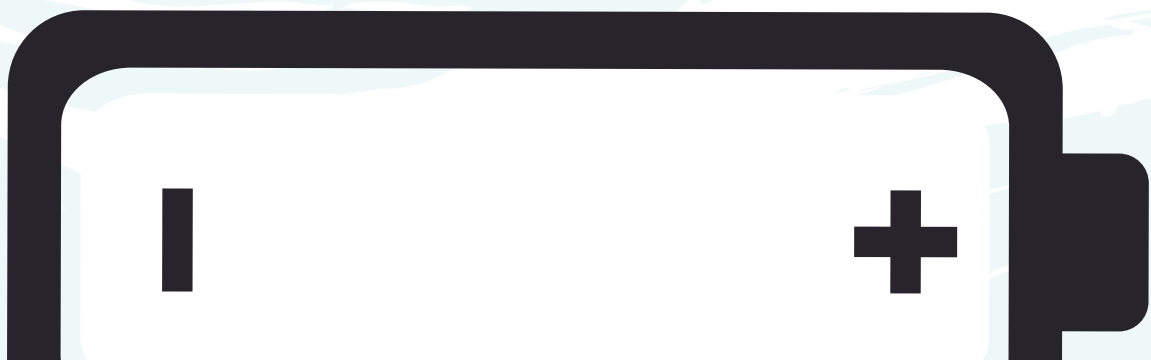
Imagine that our energy level in our body is like a battery. Everyday we wake up and our battery is charged. We're ready to go!



How do you feel on your best days?

During our day we do things like: take a shower, get dressed, and go to swim practice. All of these things drain our battery over the day. By bedtime, we might be tired. **What makes you tired?**

What does your battery look like right now?

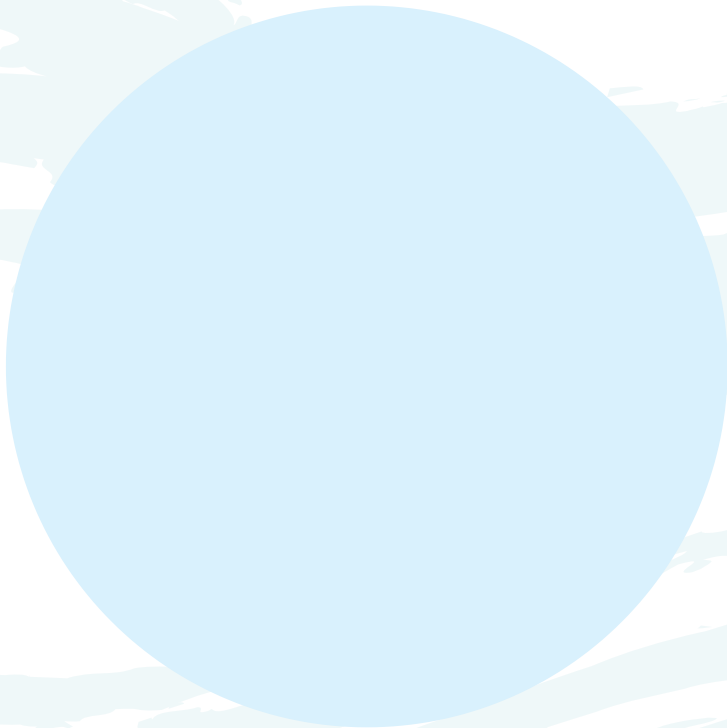


Stress can also drain our battery!

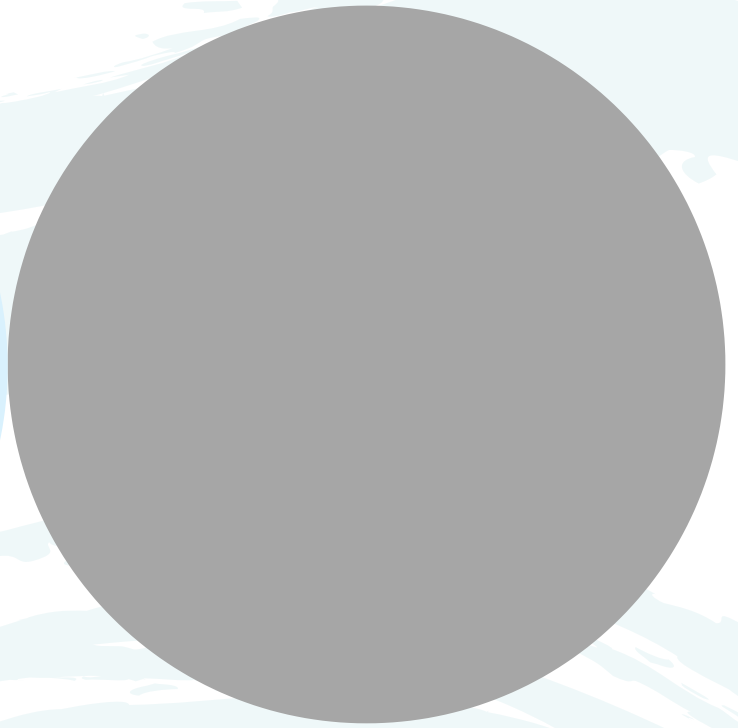
Stress can make us feel worried and uncomfortable. But not all stress is bad. **Good** stress could be what you feel right before competing and it might help you feel focused. **Bad** stress could be because you're fighting with a friend or someone in your family is sick.

Think of a time that you felt good stress and a time that you felt bad stress. Write words that describe how these situations made you feel.

Good Stress



Bad Stress



Describe a time that you felt stress



Self-Care

Refilling our battery

Self-care includes all of the things that we do that are good for us and that feel good! This includes things like exercising, sleeping well, and eating our fruits and vegetables. It also includes things like taking a bubble bath, painting, or other activities that we enjoy doing!

A great way to remember all the different kinds of self-care is by using **S.E.L.F** which stands for sleep, eat, leisure, and fun! By ensuring that our needs are met in these areas, we can keep our battery filled up!

By practicing self-care we help keep our mental and physical health strong! Write how you are practicing self care in the areas below:

Sleep:

Eat:

**Leisure:
(relaxing)**

Fun:



Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	TALKED TO SOMEONE	SMILED	REMINDING MYSELF THAT I ROCK
BRUSHED MY TEETH	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A BREAK	DRANK WATER	Free	WASHED MY HANDS	MOVED MY BODY
LAUGHED	GOT 8 HOURS OF SLEEP	CLEANED UP MY ROOM	HUGGED MY PARENTS	GOT SOME WORK DONE
READ A BOOK	WENT OUTSIDE	RELAXED	WROTE IN A JOURNAL	GAVE MYSELF A HUG

Fill-in-the-blank

Stress can look like a lot of different things. We might feel angry, irritable, sad, frustrated, or upset.

When we are feeling these ways we can use self-care to help us feel better. It's good to have ideas for what to do before you have these feelings.

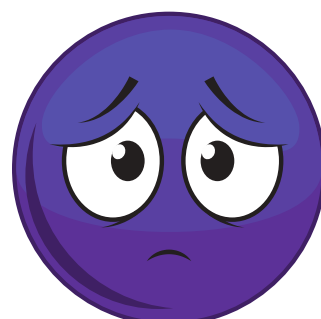
1. When I feel **angry** something that makes me feel better is: _____

2. When I feel **irritable** something that makes me feel better is:

3. When I feel **sad** something that makes me feel better is: _____

4. When I feel **frustrated** something that makes me feel better is:

5. When I feel **upset** something that makes me feel better is:





Mindfulness

Finding Moments of Calm

Sometimes we are so busy that we don't have time to just stop and be aware of the moment. Being present in the moment is called **mindfulness**. Practicing mindfulness can help with focus and to calm us down in times of worry or when we are feeling scared.

There are lots of ways to be mindful and anyone can do it! It just takes a couple minutes a day. Here are some mindful techniques you can try:

- **Go for a mindful walk** - while walking pay attention to the sounds that you hear and the things that you see
- **Practice breathing** - this could be simply through paying attention to your breath or through an activity such as star breathing (on the next page!)
- **Be grateful** - make a list of the things that you are grateful for, for example your family, friends, and your pets
- **Try out some yoga** - yoga is a great way to practice mindfulness while also getting our bodies moving

A decorative header featuring a yellow sun with rays on the left, a light blue cloud in the center, and two blue raindrops on the right. A teal rectangular box is positioned in the center, containing the title. A red dashed line runs horizontally across the page, separating the title from the drawing area.

Personal Weather Report

It can be hard to put our feelings into words sometimes. For this activity, we are going to think about ourselves as a type of weather and draw it in the space below. For example, if you are feeling happy, you might draw a sun. If you were tired, maybe a cloudy sky.

Positive Self Talk

Reminding ourselves that we rock!

Positive self talk is when we talk to ourselves **kindly** and it can have a big impact on how we think and feel. It's important that we talk nicely to ourselves for our mental health. It makes us feel good! If you think a negative thought about yourself, stop and try to change it into something positive.

Fill out following to start practicing!

I feel good when...	I am proud of myself because...	My favourite thing about me is...
A way that I was kind today was...	I am unique because....	I am a great friend because...
I am really good at...	I love this about myself...	My life is amazing because...

Changing our Self-Talk

It's important to stop when we are speaking negatively about ourselves and change what we are saying to something more positive, here are some examples.

Instead of saying "I give up"

Try thinking...

This is a challenge that I will overcome!



Instead of saying "I can't do this"

Try thinking...

I'm going to start with the part that I can do!



Instead of saying "I'm not good at this"

Try thinking...

I'm going to get better at this!

Instead of saying "I suck"

Try thinking...

I'm doing my best and that's awesome!



Instead of saying "This is too hard!"

Try thinking...

Let's try it a different way!



Instead of saying "I hate change, I don't want to do it!"

Try thinking...

Change can be scary, but I'll try



Instead of saying "I'm so stupid"

Try thinking...

Everybody makes mistakes, that's part of learning. Now I know for next time!



Practicing Gratitude

Gratitude is about recognizing the things that we are thankful for. Practicing gratitude increases happiness, improves health, and helps us deal with hard times.

List 5 things that you are thankful for:

Name three people that make you happy:

What is something that you are looking forward to?

