



Approach towards a sporty & healthy lifestyle

Mental Well-Being



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Introduction



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Definition – WHO



A state of well-being in which the individual realizes his or her abilities. It is the ability to cope with the normal stressors of life. It is the ability to work productively and make a contribution to his or her community.(WHO;2014)



Definition – APPLE Collaborative



Emotional and Mental Well-Being is the ability to manage stress, to feel positive about one's self, have a positive outlook and have the ability to bounce back after good and bad times.



Benefits We All See



- Regular Improvement in Quality of Life (CDC)
 - Cognitive ability, physical function, sleep patterns
 - Lowers risk of many diseases such as cardiovascular and many forms of cancer.
 - Helps brain produce chemical which helps brain deal with stress
 - Sharper memory and thinking skills
- May extend life as much as 4-7 years or longer.



2

Resilience



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Resilience



- The ability to bounce back
- We may not always be successful
- Athletes learn to focus on next play, next training, next game
- Take responsibility for our effort and actions
- May also have to take responsibility for our teammates efforts and actions
- Our attitude and effort may be great and we may still not be successful
- When our attitude and effort is poor the outcome that we desire may not be reached; we then learn to change to get the outcome we desire
- Sometimes things are not fair
- Move on as quickly as possible-while learning
- Accepting Decisions of Authority and when to disagree



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Co-operation



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Cooperation and Teamwork



- Common Goal
- Working Together not Apart-Together Everyone Achieves More
 - Selflessness
 - Different Roles
 - Different Teams
 - Roles Change throughout training or game (daily life)
- Sacrifice
 - The Good of the Team is greater than individual
 - Teammates also doing the same



4 Respecting Authority



Respecting Authority



- Rules or Guidelines for each Sport
- Ability to be Coached
 - Accept outcomes
 - How and when to address decisions that they may not agree with
- Respecting other participants and other teams
- Accepting outcomes
 - Regroup and make corrections
 - Don't play blame game



5

Patience



Patience



- The process of learning takes time and effort
 - Stepping Stones
 - Learn to relax and embrace each step of the process
- Life skill of Goal Setting
 - For Self and Team
 - Focus on the process of achieving the specific goal
 - Sense of Accomplishment when each step to goal is achieved
- Soft Skill Learned-Waiting your turn



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Persistence



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Persistence



- Time and dedication to a Specific Goal
- Each individual and Team must be dedicated to Goal
- In most cases improvement comes very slowly but can be seen
- Athletes will learn to not give up
- Will be able to see goals achieved
- Should be able to see that with hard work and dedication things in life can be changed



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Coaches Role



Relationships



- The strongest way to influence an athlete's life is to build a relationship with them
- Not having time or having too many participants is never a good reason
- It will only take a few minutes in each session
- Show genuine interest- repeat what they tell you back to them



Relationships



- When can you build a relationship?
 - Anytime you are around the athlete
 - Plan activities when everyone learns something about someone else on team or in program
 - Outside of trainings
 - Team Outings, Meals
 - What are things you use?
- Observing
 - Before, During or After Training
- Always give athletes the respect that you would want them to give you
- Listening is the best way to show **you care**
- Find a common interest-you have one already



Modelling



- We have the opportunity to show the behavior that we want
 - Be excited for little things done correctly
 - Celebrate the mastery of a skill you know the effort put into it
 - Share individual success with everyone
 - High Five, Great Job, Way to Go, Body Language



Modelling



- Athletes and Spectators will take cues from Coaches when things go poorly, or positively
 - At trainings, correct with a positive then how the skill can be corrected
 - At games, correct mistakes in a manner you would want to be corrected
 - Make officials our friends
 - How do we respond to a loss or a poor play
- Ultimately you are responsible for any loss and players and assistants are responsible for all wins
- How will you move on from a Win or a Loss



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Closing



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Closing



Through sports young athletes are experiencing and practicing specific skills, not just physical skills but mental and emotional skill. Athletes and coaches are actively practicing, in a fun way, not just the sport skills but the emotional and mental well-being skills of resilience, cooperation/teamwork, respecting authority, patience and persistence. People have less anxiety when they have familiarity with what they are being asked to do. Sports provide practice and this familiarity with the mental skills people need when faced with the demands, or stressors of life. Sports provide practice in the skills that support emotional well-being.



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Resources



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10 About the Authors



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About the Author



- Laura Pippin has a Masters Plus 30 in School Psychology from the University of Akron, in Akron Ohio. Her Bachelor's Degree, obtained from Hiram College is in Psychology and German.
- Laura was able to complete a successful thirty-two year career in School Psychology in four different states. She is a member of the National Association of School Psychologist, South Carolina Association of School Psychologist, and a former member of the State Associations in Kentucky, Ohio and Michigan.
- Her work included assessment, programing, and planning for students who struggled in school. She was a pivotal partner in creating educational teams to help young people succeed not only in a school setting but also preparing for success in everyday life.

About the Author



- Dan has a Masters Degree from Columbia College in Columbia, South Carolina in Divergent Learning and a Bachelors Degree in Secondary Education from Saint Joseph's College.
- Dan has had the opportunity to work with young people in four different states and seven different schools. He has been very fortunate to have had the opportunity to be a Motivational Speaker for different Universities and Civic groups throughout the United States during his 30 year career. His main focus has been on Team Building and Positive Leadership.
- Dan has won numerous awards as a Teacher, Head Football Coach and Athletic Director. At the Local, State and National Level. His record as a Head Coach is 164 and 89.



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