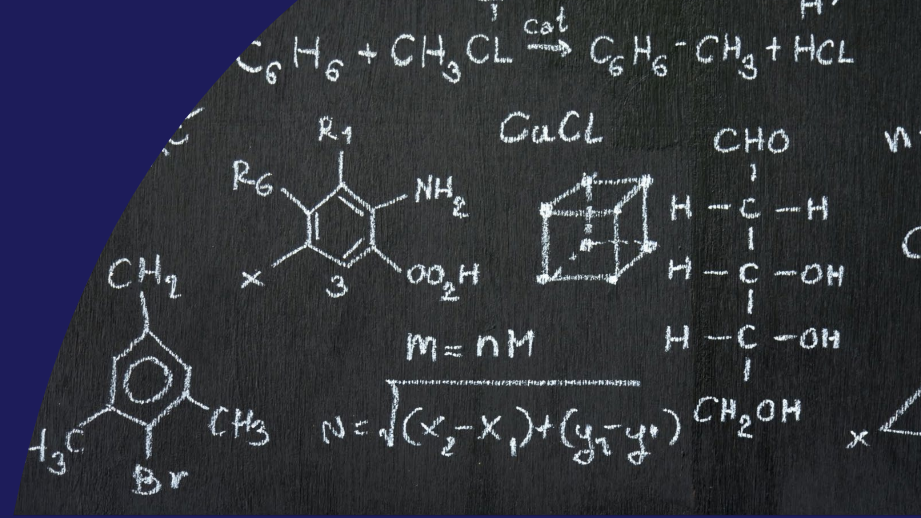




# Mental Fitness

Presented by: Dave Shillington

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# Origin Week

- **Mon** Health assessments, recovery session, team dinner
- **Tue/Wed** Community engagement, recovery session, team bonding/motivational activities.
- **Thu** Into Camp at Sanctuary Cove, recovery session.
- **Fri** Game 2 review, field session, weights, recovery session
- **Sat** Game 3 strategy, field session, weights, recovery session
- **Sun** Field session, recovery session, team bonding/motivational activities
- **Mon** Day off, recovery session only
- **Tue** Captains run, recovery session
- **Game Day** Priming session, rest, Game time.

# What is Mental Fitness?

A state of wellbeing in which we **realise** our own ability, **can cope** with normal stresses of life, **can work productively**, and **are confident to tackle** whatever the day throws at us.

# Mental Health Continuum

## IN CRISIS

- Angry outbursts & aggression
- Excessive anxiety/panic attacks
- Can't concentrate, control behaviour or perform duties
- Can't fall or stay asleep
- Sleeping too much/too little
- Consistent fatigue
- No socialization
- Substance/ gambling/ other addictions
- Suicide ideation

## STRUGGLING

- Negative Attitude
- Anxiety
- Poor concentration & performance
- Restless/disturbed sleep
- Recurrent images/nightmares
- Increased aches & pains
- Increased fatigue
- Avoidance & withdrawal
- Increased substance use & gambling is hard to control

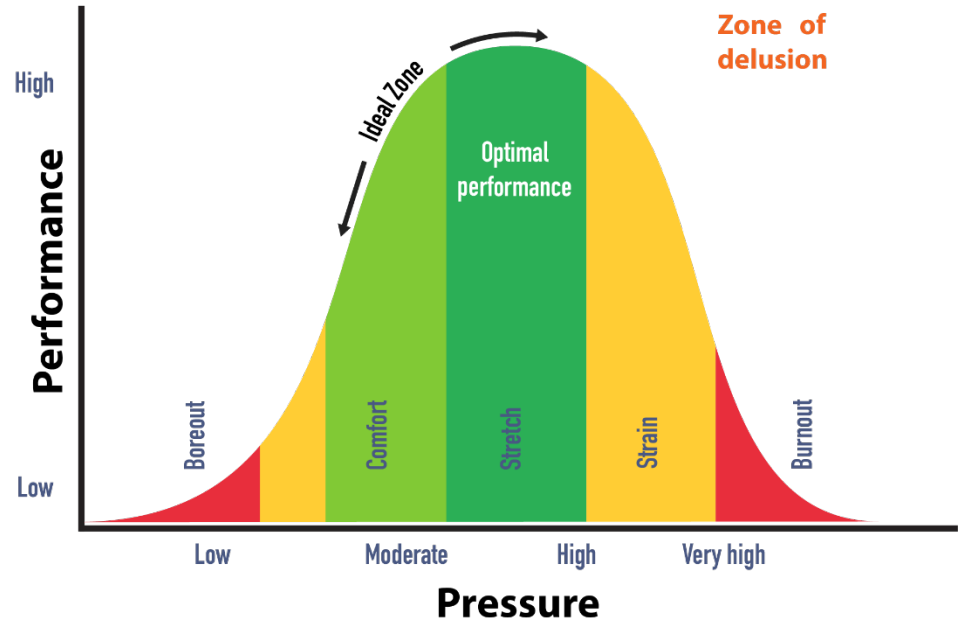
## REACTING

- Irritable & impatient
- Nervous
- Overwhelmed/sad
- Forgetful
- Trouble sleeping
- Intrusive thoughts
- Low energy
- Muscle tension & headaches
- Less active & social
- Regular but controlled substance use & gambling

## HEALTHY

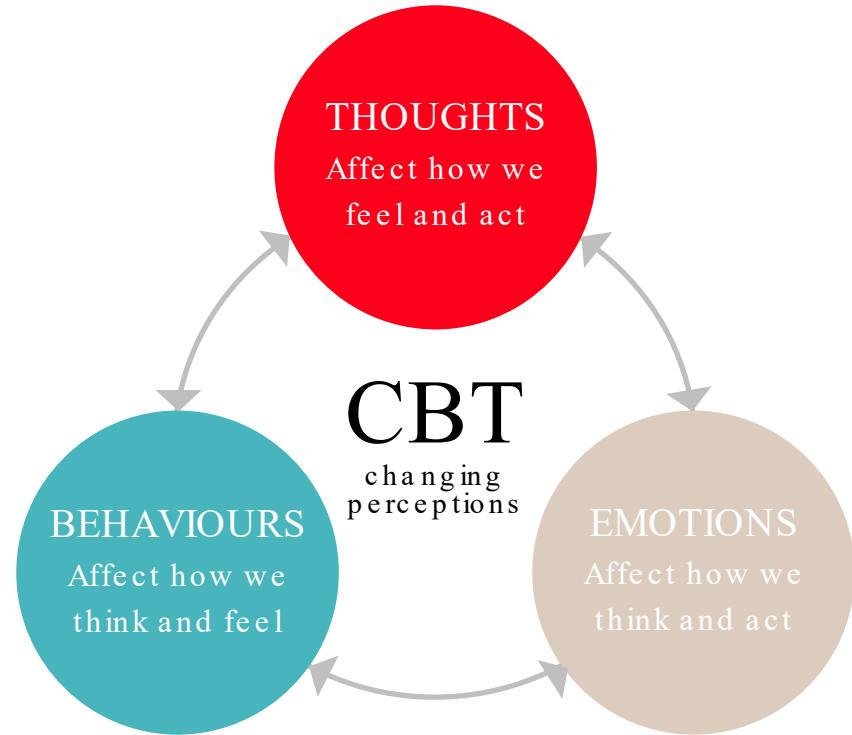
- Normal mood fluctuations
- Performing well
- In control mentally
- Few sleep difficulties
- Physically well & socially active
- Not using substances to cope
- No, or limited, gambling

# Wellbeing & performance



# Mental feedback loop

- Evaluate distortion in thinking
- Understand behaviours & motivations of others
- Problem - solve strategies
- Develop greater confidence in abilities
- Events don't shape us, it's the meaning we put behind them



Boosting mental fitness

# Gratitude in your Attitude

Gratitude is consistently and strongly associated with greater happiness. When you practice gratitude, you focus on what you have and not what you are missing.

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Write down three things you are grateful for today (they can be big or small).

- 1.
- 2.
- 3.

Try this simple activity each morning, or night before bed. Set a calendar alert in your phone to practice daily. **What you focus on grows.**



Boosting mental fitness

# Play to your Strengths

Understanding our strengths increases our motivation, confidence, resilience, and helps us work together in teams.

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What are the three things you are good at?

- 1.
- 2.
- 3.

How do you feel when you are doing those things, understanding what you CAN do?





Boosting mental fitness

# Complaints Department Closed

It is estimated that the average person complains between 15 and 30 times per day. That is a lot of negative energy being put out into the world.

- List some complaints or frustrations that you voiced today.
- Were they safety concerns or complaints?
- Were they true? helpful? Kind? Timely?
- Try to survive the next 24 hours without voicing a complaint.
- What was the impact of this activity?
- What actions can you take as a result?

**Remove distraction • Re - focus • What's next?**



Boosting mental fitness

# In the Affirmative

We all sometimes suffer from negative self talk or self doubt.

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- Identify one negative thing you tell yourself about you?
- Write down an affirmation that is personal to you and that challenges that specific thought (an affirmation is a short phrase which can help you combat negative self-talk and doubt).
- Practice saying the affirmation to yourself in the mirror each morning.
- Be your best storyteller, that's the one you can control!



## Boosting mental fitness

# Breathe!

Controlled breathing can:

- lower blood pressure and heart rate
- reduce levels of stress hormones in the blood
- reduce lactic acid build-up in muscle tissue
- improve immune system functioning
- increase physical energy
- increase feelings of calm and wellbeing.



**TRY:**

- To lengthen your exhale
- Abdomen breathing
- Breath focus
- 4-4-4-4 breathing
- 4,7,8 method
- Guided meditation
- Short-sharp or slow release

Match Fit

PRIME  
EFFECT

How will you design your  
week to feel and perform  
your best?

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