

MASTER YOUR MENTAL HEALTH

We know how to pay attention to our bodies to see if we are physically well. If you are hurt or injured, you pay attention and do things to intentionally get yourself back to healthy.

For example, if you break your leg, you see a doctor, you rest, you follow return to play protocol and then you get back to your sport. You don't have to stay injured; in fact, you can't - your performance would suffer, and you would not be able to play.

Your mental health is the same, but it is a lot harder to see because being hurt or injured mentally does not present like a broken bone or a pulled muscle. However, by tuning in to how you are feeling and using the mental health meter below, you can monitor your mental health so you understand where you are at and what you need to do to get well again.

The mental health meter below was adapted by Dr Adrienne Leslie Toogood and the Winnipeg Blue Bombers to help each Bomber player monitor and master their mental health through the 2019 season. The tool includes some common signs that you are either healthy, hurt or injured. Being aware of how you are feeling helps you master your mental health. It also helps you identify when you may need to seek assistance or talk to someone you trust about how you are feeling. You can even use the mental health meter to guide your discussion.

How can you start to use the mental health meter?

- First, wake up each morning and take a look at where you are at. Start to become familiar with signs of being mentally well or unwell. Pay attention and just notice where you fall on the continuum.
- Second, know what things keep you mentally healthy. Try to do those things every day or week.
- Third, start to pay attention to things that contribute to you feeling mentally unwell. Begin to anticipate them and think about what you need to do in order to get back to being mentally well.

GREEN HEAD VS. RED HEAD

HEALTHY	HURT	INJURED	
<input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Concentration and focus is good <input type="checkbox"/> Sleeping normally <input type="checkbox"/> Good appetite <input type="checkbox"/> Limited alcohol consumption, no binge drinking <input type="checkbox"/> Limited/no addictive behaviours	<input type="checkbox"/> Irritable, sad, angry <input type="checkbox"/> Distracted, lose focus <input type="checkbox"/> Trouble sleeping <input type="checkbox"/> Eating less or more <input type="checkbox"/> More alcohol/drug use, binge drinking <input type="checkbox"/> More things to escape reality like gaming, etc.	<input type="checkbox"/> Suicidal thoughts <input type="checkbox"/> Inability to concentrate <input type="checkbox"/> Cannot fall/stay asleep <input type="checkbox"/> No appetite/over eating <input type="checkbox"/> Regular to frequent binge drinking <input type="checkbox"/> Addictions in full swing	Staying GREEN? Triggers? Signs? Getting back to GREEN?

