

APPENDIX:

- Selfcare worksheet

ATHLETE SELF-CARE



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INTRODUCTION: This worksheet was developed by Game Plan and the Canadian Centre for Mental Health and Sport. Being honest with yourself is the first step in creating a reliable self-care plan.

IMPORTANT: This is not a replacement for mental health support. If you think you may need to speak to a mental health professional, don't wait.

SECTION A

HOW I CURRENTLY COPE

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break?

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. *Which strategies do you use?*

Self-care is the practice of taking an active role in preserving or improving one's health and well-being through lifestyle design and daily choices. Self-care extends beyond your basic physical needs. You need to consider your psychological, emotional, spiritual, social, financial, and academic well-being, all topics that fit within Game Plan's five pillars.

POSITIVE COPING STRATEGIES	NEGATIVE COPING STRATEGIES
• Deep breathing	• Yelling / acting aggressively
• Stretching	• Training more
• Meditation	• Overeating / skipping meals
• Listening to music	• Drinking alcohol
• Going for a walk	• Procrastinating
• Reading	• Scrolling through social media
• Taking a bath	• Avoiding the situation / person
• Socializing with friends	• Biting fingernails
• Engaging in a hobby	• Using drugs or smoking
• Being in nature	• Withdrawing from friends / family
• Other: _____	• Other: _____

* Adapted from Homewood Health (2016) Self-Care Starter Kit and materials developed by the University of Houston Graduate School of Social Work, Reiser & Butler (N.D).

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*Need help thinking of self-care activities? Here's a short list. Which ones that resonate most for you?
Are there other things you like to do that aren't on this list?*

- | | | |
|--|--|--|
| <input type="checkbox"/> Make a gratitude list | <input type="checkbox"/> Dance, sing, play an instrument | <input type="checkbox"/> Cook, bake |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Make art | <input type="checkbox"/> Read/watch something funny |
| <input type="checkbox"/> Practice yoga | <input type="checkbox"/> Meditate | <input type="checkbox"/> Do a random act of kindness |
| <input type="checkbox"/> Take a nap | <input type="checkbox"/> Go for a walk or hike | <input type="checkbox"/> Deep breathing |
| <input type="checkbox"/> Hangout with friends | <input type="checkbox"/> Play with your pet | <input type="checkbox"/> Spend time with family |

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SECTION B

MY SELF-CARE NEEDS

We are all faced with unique challenges and no two people have the same self-care needs.

Take a moment to consider what you value (*what are you moving towards in sport and life?*) and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self-care needs). Remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and academic well-being.

DAILY SELF-CARE

	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
Mind (e.g., disconnect from electronic devices, journaling, make a budget, make a to-do list, seeking support from a counsellor, working on my mental game, make my bed every morning)		
Body (e.g., eat regular and healthy meals, good sleep hygiene, go to the doctor/physiotherapist regularly, stretch after practice/competition, cross train, stay hydrated)		
Emotions (e.g., celebrate my “wins”, use positive affirmations, be mindful of social media use, acknowledge my emotions through journaling, engage in activities that bring me joy)		



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	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
Social/Spirit (e.g., spend time with family, ask for support from friends/family, cultivate relationships outside of sport, regular check-ins with a teammate or coach)		
School (e.g., make a study schedule, use a calendar, do school work in a quiet space, take mental breaks, study in a group, engage in school community, seek extra help from my teachers)		
Sport (e.g., pre-game meal, visualize success, listen to pump-up music, take a nap, spend time alone, spend time with teammates, review plays/gameplan)		

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EMERGENCY SELF-CARE

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.

<p>SIGNS IT'S COMING: What sort of thoughts, feelings, and behaviours might indicate that you are in distress?</p>	
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SELF-CARE TOOL	HELPFUL (WHAT TO DO)	HARMFUL (WHAT TO AVOID)
<p>Relaxation/Staying Calm Which activities help you relax? Which activities make you more irritated or frustrated?</p>		
<p>Self-Talk Helpful self-talk may include "I am capable" / "I can do this". Harmful self-talk may include "I can't handle this" / I deserve this".</p>		
<p>Social Support Who can you reach out to for support? Are there people you should avoid during times of distress?</p>		
<p>Mood / Emotions Which activities uplift your mood (e.g., watching a comedian)? What should you avoid when you're feeling down (e.g., staying in bed, going to parties)</p>		

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MY SELF-CARE PLAN

Once you've created your self-care plan, look at it regularly. It takes time to form good habits – add self-care time to your calendar in the same way you prioritize practices, competition, and weight training. Make a commitment to yourself to practice your self-care routine as often as possible – you're worth it.

MY DAILY SELF-CARE PLAN					
LIST YOUR "GO-TO" PRACTICES FOR EACH CATEGORY					
MIND	BODY	EMOTIONS	SOCIAL/SPIRIT	SCHOOL	SPORT
MY TOP THREE POSITIVE COPING STRATEGIES					
1.		2.		3.	
IN A CRISIS					
HELPFUL (TO DO)			HARMFUL (TO AVOID)		
MY "GO-TO" PERSON:					

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