

## MENTAL HEALTH AWARENESS

# TACKLE YOUR MIND

### Common Symptoms:



- Feeling sad, down or angry
- Confused or can't concentrate
- Excessive fears, worries or stress
- Extreme mood changes
- Withdraw from Friends or Activities
- Tired, low energy, sleeping problems
- Problems with alcohol or drugs
- Major changes in eating habits or sex drive
- Suicidal thinking - **GET HELP IMMEDIATELY!**

## THINGS YOU CAN DO TO PREVENT MENTAL HEALTH PROBLEMS:



### TALK ABOUT YOUR FEELINGS

Talking can be a way to cope with a problem you have been carrying around. Being listened to can help you feel supported and less alone. If you open up, you encourage others to do the same..



### STAY ACTIVE

Exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem, help you concentrate, as well as sleep and feel better.



### EAT WELL

Your brain needs a mix of nutrients to stay healthy and function well. A diet that is good for your health and your training is also good for your mental health. Besides eating a well-rounded nutrition, make sure you drink plenty of water.



### DRINK SENSIBLY

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. Occasional drinking can be ok in moderation, but drinking alcohol is not a solution to manage difficult feelings.



### KEEP IN TOUCH & CARE FOR OTHERS

There is nothing better than catching up with someone face to face, but if you can't, then you can also give them a call or chat via Facetime or Zoom, Drop them a message or chat to them online. Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you close together



### TAKE A BREAK

A change of scenery or a change of space is good for your mental health. A few minutes can be enough to de-stress so give yourself some me-time. Listen to your body. If you are very tired give yourself time to sleep.



### DO SOMETHING YOU'RE GOOD AT

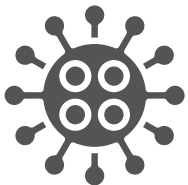
Engaging in an activity you enjoy probably means you are good at it and achieving something that boosts your self-confidence. An afternoon on the rugby field gets you active and gives you the chance to meet your friends and make new acquaintances.



### ACCEPT WHO YOU ARE

It is much healthier to accept you are unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places, and make new friends..

## THE IMPACT OF COVID-19 ON MENTAL HEALTH



COVID-19 can be scary, stressful, exhausting, and exasperating, and can affect our mental health. Many of us are stuck at home, can't see our friends and loved ones, and can't pursue our favorite activities, including rugby. Try using the techniques above to relieve some of the negative feelings caused by the pandemic



### ASK FOR HELP

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things do not go to plan. If things are getting too much for you and you feel you cannot cope it is important that you ask for help.

**If you have suicidal thoughts:  
Suicidal thinking does not get better on its own - GET HELP IMMEDIATELY!·  
Suicide Hotline: Call 143**

#### Other Resources:

Pro Mente Sana Counseling: 0848 800 858  
CARE Institution in every Swiss Canton:  
<https://www.cns-cas.ch>  
Dargebotene Hand / La Main Tendue / Telefono Amico: : [www.143.ch/](http://www.143.ch/)

**TAKE CARE OF YOURSELF AND YOUR TEAMMATES!**

Access the Full Document and other resources at [www.suisserugby.com](http://www.suisserugby.com)