

BUILDING RESILIENCE

RESILIENCE IS OUR ABILITY TO BOUNCE BACK FROM LIFE'S CHALLENGES, TRAUMAS AND SETBACKS.



TOGETHER IN GAELIC FOOTBALL.
TOGETHER FOR MENTAL HEALTH.



LOOK AFTER No.1

Be the best YOU. You can often discover things about yourself during your most challenging times. If you don't look after you, you can't look after others.

MAKE "YOU" TIME



Make time for chilling out or personal hobbies.

Have something to look forward to each day.



BE OPTIMISTIC



Maintaining a hopeful outlook is very important to your mental health.

CHANGE IS CONSTANT



Life is a rollercoaster. Sometimes are good while others are bad. Learn to adapt to changes in life.



FOCUS ON SMALL WINS



If you think of the worst outcomes you will struggle. Look for small wins and build on them.

KEEP FIT AND PRACTICE

Don't let your guard down when it comes to your development – keep fit, keep healthy, keep trying and practicing when you can and where you can.

KEEP LIFE IN PERSPECTIVE



You will face many trials, remember it might not be as bad as you think. Learn from challenges and mistakes rather than let them defeat you.



GET SUPPORT



TALK

Talk to someone you trust. You don't have to go through it alone.



REACH OUT

There are people who care and want to help you.



GET HELP

Speak to your coach, mentor, teacher or your GAA club.



ChildLine

0800 1111



TOGETHER IN
GAELIC FOOTBALL.



STRONG MIND.



STRONGER TOGETHER.

WHEN TO GET HELP

YOU SHOULD GET HELP IF YOU:



Feel stressed
most of the time



Feel so desperate that you
avoid school, work or people



Feel low, sad or that life
is not worth living



Lose your appetite
or overeat



Have difficulty
sleeping



Use drugs or alcohol to cope
or block out stress



GAELIC FOOTBALL IS MORE THAN A GAME.
LOOK AFTER YOUR MENTAL HEALTH.

IT'S OKAY
TO ASK FOR
HELP



GET SUPPORT



TALK

Talk to someone
you trust.
You don't have
to go through
it alone.



TEXT
TEAMMATE

85258

here for you 24/7



REACH OUT

There are people
who care and want
to help you.



GET HELP

Speak to your coach,
mentor, teacher or
your GAA club.



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0800 1111



GAMBLING SUPPORT
T.A.M.H.I.



STRONG MIND. STRONG TEAM.
STRONGER TOGETHER.



TOGETHER IN GAELIC FOOTBALL.  TOGETHER FOR MENTAL HEALTH.