

# SELF-ESTEEM & CONFIDENCE

BELIEVE IN YOURSELF. PLAY WITH CONFIDENCE.  
SUPPORT YOUR TEAMMATES.



1



## POSITIVE SELF-TALK

- Speak kindly to yourself
- Focus on your strengths
- Believe you can improve

2



## STOP COMPARING YOURSELF

- Everyone develops at different speeds
- Your journey is your own
- Progress matters more than perfection

3



## CELEBRATE SMALL WINS

- Every training session counts
- Learn from mistakes
- Confidence grows through effort

4



## STAY CONNECTED

- Talk with teammates and friends
- Support each other on and off the pitch
- Ask for help when needed

5



## TAKE CARE OF YOURSELF

- Sleep well
- Eat healthy meals
- Stay active and hydrated

6



## KEEP LEARNING

- Practice your skills
- Listen to coaches
- Build confidence through preparation

7



## BE ACTIVE

- Gaelic football supports physical and mental wellbeing
- Exercise boosts mood and focus
- Keep moving every day

8



## ACCEPT YOURSELF

- Nobody is perfect
- Mistakes help us grow
- Be proud of who you are



STRONG MIND. STRONG TEAM. STRONGER TOGETHER.



## GET SUPPORT

**ChildLine**

1800 66 66 66

Talk to us,  
day or night.

[childline.ie](http://childline.ie)



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TO 85258

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TOGETHER IN GAELIC FOOTBALL



TOGETHER FOR MENTAL WELLBEING



ONE CLUB. ONE COMMUNITY. ONE GOAL.



BE KIND TO YOUR MIND. BELIEVE. ACHIEVE. SUCCEED.