

STRESS

UNDERSTAND IT.

MANAGE IT.



Stress can affect your mental health and make it harder to cope with everyday life. It can impact your mood, sleep, relationships and concentration.

Looking after your mental health helps you perform better, on and off the pitch.



WHAT IS STRESS?



Stress is the emotional and physical strain caused by pressure from the outside world.



EFFECTS

Stress can affect your body and your feelings.



Tiredness



Headaches



Feeling sad or angry



Eating too much or too little



Aches and pains



Poor sleep

COPING

There are things you can do to help yourself cope.



Talk to someone you trust



Make a list of what is stressing you



Take a break and do something you enjoy



Exercise and stay active



Stay connected with your team and mates



Stay positive on small wins

YOU'RE NOT ALONE

It's okay to not be okay.
Asking for help is a sign of strength.

ChildLine

0800 1111



IF YOU DON'T KNOW ABOUT SOME TOPICS, ASK FOR HELP. DON'T FEEL ASHAMED ASKING FOR HELP.



TOGETHER
WE'RE
STRONGER



STRONG MIND.
STRONG BODY.



STRONG TEAM.
STRONG SUPPORT.



STRONGER
TOGETHER.



ONE CLUB.
ONE COMMUNITY.
ONE GOAL.

LOOK OUT FOR EACH OTHER. TOGETHER IN GAELIC FOOTBALL. TOGETHER FOR MENTAL HEALTH.