

TAKE 5 STEPS FOR WELLBEING

LOOK AFTER YOUR MIND. **PLAY YOUR BEST.**

1 TAKE NOTICE



- Notice the good things in your club and community.
- Appreciate the amazing people around you.
- Get outdoors to local parks, pitches and beauty spots.

2 KEEP LEARNING



- Learn new skills.
- Watch your favourite players and learn from them.
- Look after your body and your mind.
- Try new things and challenge yourself.

3 CONNECT



- Connect with your teammates and club.
- Take part in club challenges.
- Stay in touch with family and friends.
- Check in on others who may be lonely.

4 GIVE



- Volunteer (if able).
- Help at home and in your club.
- Give yourself some 'chill time' and self care.
- Give your best effort with your club.

5 BE ACTIVE



- Exercise regularly.
- Play your part – on and off the pitch.
- Go for walks with your family and friends.
- Take part in club activity challenges.
- Practice skills and keep improving.

**STRONG MIND.
STRONG TEAM.
STRONGER TOGETHER.**

YOU'VE GOT THIS!

ChildLine

0800 1111



MENTAL HEALTH CHARITY

T.A.M.H.I



**TOGETHER IN
GAELIC FOOTBALL.**



**TOGETHER FOR
MENTAL HEALTH.**



**ONE CLUB.
ONE COMMUNITY.
ONE GOAL.**