

# 5 Ways to well-being

It can be normal to experience a range of both positive and negative emotions in response to life's experiences and challenges. Research suggests the following steps can promote positive emotional well-being. Why not give them a try?

## **Connect...**



With the people around you; coaches, family, friends, or neighbours. At home or in your local community. Talk and listen. Be there for others. Building these connections and social relationships can promote well-being.

## **Be active...**



Regular movement and exercise makes us feel good, and having variation away from tennis is important. Play a game that gets you moving. Maybe go to a park with a friend, or walk the dog. Most importantly, try something that you enjoy.

## **Take notice...**



Be curious. Catch sight of the beautiful. Remark on the unusual. Visit a different lunch spot. Notice the world around you, the sounds, smells and textures. Maybe try out a mindfulness exercise.

## **Keep learning...**



Why not try something new or rediscover a hobby. Perhaps sign up for that language course or learn to play an instrument. Set a challenge you will enjoy achieving. Learning new things gives us a sense of achievement as well as being fun.

## **Give...**



Helping others can give joy and happiness. Give your time, your words, your presence. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer. Look out, as well as in.

## 5 Top tips for a coach supporting a player who may be finding things challenging or emotional overwhelming

1. Try and speak to the player about their feelings. Perhaps name what you have noticed in their behaviour and let them know you are there to talk if they ever need to. If they do want to talk, validate their perspective and feelings. Try to really listen and not jump in and try to 'fix' the issue or challenge.
2. Encourage the player to talk to people they trust. This could be their parents, a friend or peer, another member of staff at their club/centre, or perhaps a schoolteacher.
3. Support them to think about ways to manage their upset or difficult feelings. This could include spending time with family and friends, writing their feelings down, or doing activities that make them feel good.
4. Plan with the player that you will review how they are feeling when you next meet.
5. Speak with a colleague or coach in your network to review your support, debrief, and acknowledge your own emotional response.

## Advice if you are worried about a players mental health

If as a coach you have concerns about the mental health of a player you are supporting, try to talk with them about it. If they are a young person, work with them to share with their parents/guardian to ensure they are supported away from tennis. For adults, you could ask for permission to share the concerns with an emergency contact or encourage them to speak with their GP.

For immediate concerns where you feel there may be a serious risk of harm to themselves or others, ensure you share your concerns with a parent/guardian or significant other. You do not need consent to share information if you are concerned for someone's safety. It is important they attend A&E for an urgent mental health assessment or you can ring 999 if this isn't possible.

## Further sources of support:

The NHS offer mental health services for both young people (CAMHS) and adults. GPs can make these referrals, and local adult mental health services usually accept self-referrals.

The LTA welfare officer at your venue can also provide signposting advice. Further the following organisations aim to support both young people and adults when things feel emotionally challenging, for example:

**Childline** 0800 1111 or chat online [www.childline.org.uk](http://www.childline.org.uk)  
**Samaritans** - tel : 116 123 (24 hrs) email: [jo@samaritans.org](mailto:jo@samaritans.org)  
**Shout 85258** - a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.togetherall.com](http://www.togetherall.com)  
[www.Kooth.com](http://www.Kooth.com)

Several helpful apps are also available, here are a few examples:

**Headspace**



**Super Better App**



**Calm**

