



INTRODUCTION: This worksheet was developed by Game Plan and the Canadian Centre for Mental Health in Sport. We recommend you fill it out with your Game Plan advisor or mental performance consultant. This worksheet was developed by Game Plan and the Canadian Centre for Mental Health in Sport. We recommend you fill it out with your Game Plan advisor or mental performance consultant. Being honest with yourself is the first step in creating a reliable self-care plan.

IMPORTANT: This is not a replacement for mental health support. If you think you may need to speak to a mental health professional, don't wait. Game Plan eligible athletes receive free support through Morneau Shepell – the number is at the bottom of this page. Visit mygameplan.ca to learn more or ask your advisor or someone you trust where to go for help.”

SECTION A

HOW I CURRENTLY COPE

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break?

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. *Which strategies do you use?*

Self-care is the practice of taking an active role in preserving or improving one's health and well-being through lifestyle design and daily choices. Self-care extends beyond your basic physical needs. You need to consider your psychological, emotional, spiritual, social, financial, and academic well-being, all topics that fit within Game Plan's five pillars.

POSITIVE COPING STRATEGIES	NEGATIVE COPING STRATEGIES
• Deep breathing	• Yelling / acting aggressively
• Stretching	• Training more
• Meditation	• Overeating / skipping meals
• Listening to music	• Drinking alcohol
• Going for a walk	• Procrastinating
• Reading	• Scrolling through social media
• Taking a bath	• Avoiding the situation / person
• Socializing with friends	• Biting fingernails
• Engaging in a hobby	• Using drugs or smoking
• Being in nature	• Withdrawing from friends / family
• Other: _____	• Other: _____

The 24h Morneau Shepell mental health hotline 1-844-240-2990

** Adapted from Homewood Health (2016) Self Care Starter Kit and materials developed by the University of Houston Graduate School of Social Work, Reiser & Butler (N.D).*

ATHLETE SELF-CARE



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*Need help thinking of self-care activities? Here's a short list. Which ones that resonate most for you?
Are there other things you like to do that aren't on this list?*

Make a gratitude list
Listen to music
Practice yoga
Take a nap
Hangout with friends

Dance, sing, play an instrument
Make art
Meditate
Go for a walk or hike
Play with your pet

Cook, bake
Read/watch something funny
Do a random act of kindness
Deep breathing
Spend time with family

SECTION B

MY SELF-CARE NEEDS

We are all faced with unique challenges and no two people have the same self-care needs.

Take a moment to consider what you value (*what are you moving towards in sport and life?*) and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self-care needs). Remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and academic well-being.

DAILY SELF-CARE

	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
<p>Mind (e.g., disconnect from electronic devices, journaling, make a budget, make a to-do list, seeking support from a counsellor, working on my mental game, make my bed every morning)</p>		
<p>Body (e.g., eat regular and healthy meals, good sleep hygiene, go to the doctor/physiotherapist regularly, stretch after practice/competition, cross train, stay hydrated)</p>		
<p>Emotions (e.g., celebrate my “wins”, use positive affirmations, be mindful of social media use, acknowledge my emotions through journaling, engage in activities that bring me joy)</p>		

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	WHAT I CURRENTLY DO:	PRACTICES TO TRY:
Social/Spirit (e.g., spend time with family, ask for support from friends/family, cultivate relationships outside of sport, regular check-ins with a teammate or coach)		
School (e.g., make a study schedule, use a calendar, do school work in a quiet space, take mental breaks, study in a group, engage in school community, seek extra help from my teachers)		
Sport (e.g., pre-game meal, visualize success, listen to pump-up music, take a nap, spend time alone, spend time with teammates, review plays/gameplan)		

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EMERGENCY SELF-CARE

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.

SIGNS IT'S COMING: What sort of thoughts, feelings, and behaviours might indicate that you are in distress?	
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SELF-CARE TOOL	HELPFUL (WHAT TO DO)	HARMFUL (WHAT TO AVOID)
Relaxation/Staying Calm Which activities help you relax? Which activities make you more irritated or frustrated?		
Self-Talk Helpful self-talk may include "I am capable" / "I can do this". Harmful self-talk may include "I can't handle this" / I deserve this".		
Social Support Who can you reach out to for support? Are there people you should avoid during times of distress?		
Mood / Emotions Which activities uplift your mood (e.g., watching a comedian)? What should you avoid when you're feeling down (e.g., staying in bed, going to parties)		



SECTION C

MY SELF-CARE PLAN

Once you’ve created your self-care plan, look at it regularly. It takes time to form good habits – add self-care time to your calendar in the same way you prioritize practices, competition, and weight training. Make a commitment to yourself to practice your self-care routine as often as possible – you’re worth it.

MY DAILY SELF-CARE PLAN					
LIST YOUR “GO-TO” PRACTICES FOR EACH CATEGORY					
MIND	BODY	EMOTIONS	SOCIAL/SPIRIT	SCHOOL	SPORT
MY TOP THREE POSITIVE COPING STRATEGIES					
1.		2.		3.	
IN A CRISIS					
HELPFUL (TO DO)			HARMFUL (TO AVOID)		
MY “GO-TO” PERSON:					

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