**My Mental Health Action Plan**

*A tool for coaches and athletes*

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Zones” represent physical, emotional and psychological states that we experience as we move through life. We may feel comfortable (green zone), challenged (yellow zone), or at a point where we need to stop, take a step back and re-evaluate (red zone). As athletes, we are generally good at noticing the physical signals that indicate we are moving through these different zones during training and competition (e.g., out of breath, lactic acid build-up, dizzy), *and* are well-trained in how to respond.

However, we're generally not as skilled at recognizing and labeling the behaviours, thoughts, and emotions we experience as we move through our comfort, challenge and stop zones throughout our daily lives and in sport. Often, we have been socialized to dismiss pain, push through discomfort, and suppress our emotional reactions (be stoic). But being able to recognize when you’re not feeling like yourself is an important skill and can prevent distress if you intervene early. Continued self-awareness is the foundation of mental health maintenance. In order to intervene when our mental health is declining, we first need to notice the “signals”.

**Complete the chart below to identify some of the behaviours, thoughts and feelings (signals) that correspond to yourmental health zones. REMEMBER: Your signals are likely very different from others because many factors influence how we move through our day to day lives.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Green Zone**  **(COMFORT)**  Explore the 'signals' that let you know you're in the green zone | **Yellow Zone**  **(CHALLENGE)**  Explore the 'signals' that let you know you're in the yellow zone | **Red Zone**  **(STOP)**  Explore the 'signals' that let you know you're in the red zone |
| **Looks Like**  *How am I behaving?*  *How am I interacting with others?*  *How do I look?*  **Sounds Like**  *What am I saying to myself (inner monologue)?*  *What am I saying to others?*  **Feels Like**  *What emotions and sensations am I experiencing?* | e.g., I feel peaceful, patient with others, assertive, I smile at strangers as we pass, I feel grateful to be alive | e.g., I am frustrated easily by others and need to actively make decisions to step away; I participate less in conversations, and deliberately take more time to be on my own; I have trouble focusing for long periods and need frequent, deliberate breaks from schoolwork. | e.g., I lash out at others, I feel afraid even though there is no visible threat to my safety, my worries are out of control |

When I’m in the yellow zone, things my *teammates and coaches* can do to support me are…

e.g., be patient with me; pair me with a training partner I am comfortable with; ask me what I will do for self-care this week

When I’m in the yellow zone, things *I will do* to improve my own mental health are:

*What are your go-to self-care activities?* e.g., practice yoga, focus on getting adequate rest and refueling my body with nourishing food choices, reach out to friends, paint or draw, limit my screen time

When I’m in the red zone, things my *teammates and coaches* can do to support me are…

e.g., give me the space to train independently, encourage me to participate in group activities; accept that I might have to take a step back from training / competition; give me positive words of encouragement during training

When I’m in the red zone, things *I will do* to improve my own mental health are:

*What actions will you take when you’re feeling really depleted or unsafe?* e.g., contact my mental health care provider, talk to my “safe” people (like my parents, coach or best friend), limit or pause my social media consumption, stay connected to my sport community

**If I am experiencing a mental health crisis, please contact:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship to me: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_