



## 7. MY CLUB AND POSITIVE MENTAL FITNESS

### Positive Benefits of Sport

- Positive Attitude
- Enhanced self-confidence and positive self-belief
- Development of Good Communication skills
- Making Boundaries/ Setting Limits together
- Strong sense of community/belonging
- Opportunities to socialise in a safe environment
- Reduced feelings of anxiety and increased well-being
- Reduced stress and depression
- Improved mood and concentration
- Opportunity to make new friends
- Developing social skills



### Looking after your Mental Fitness

Talk to your Mates: If you have something on your mind; get it off your chest and talk to a Buddy, don't bottle things up

Eat well: Try and eat a balanced diet and avoid sugary food and drinks which can pick you up short term but have no health or energy benefits. Good Food = Good Mood

Take "Time Out" for yourself: Your time is important – be it an activity, a run, chilling out watching a movie or your favourite TV show. Try to have something to look forward to each day, no matter how big/small

Get Active: It's great if you are part of a club, but you can do other active things. You can join a gym, go running or walking with friends, or simply do an activity where you set your own goals and objectives helping boost your self-esteem and confidence

Be aware of all the services on your doorstep: Your community has lots of great resources including groups who can help with a range of things from Mental Health, Physical Health, Employment & Learning, Education, Trauma etc. If you know your options you can make BETTER CHOICES





**Walk, run, kick a ball in the street and “Be Active” having fun. Try and have something in your life that helps you “Be Active” most days; join a club, go for a walk or join the gym.**



**Have a bit of banter and laugh with your friends. Talk to the leaders of the community groups, connect with others who are involved in the day. Get involved in something positive that helps you connect with your community e.g. youth club, men’s/women’s group.**



**If you want to get involved and volunteer speak to community group leaders who have many programmes you may be able to tie into. In general life, take time out for yourself to chill, help others when you can e.g. family members.**



**Learn about the great support services in your community, about Take 5 for Wellbeing (all contained within this handout); learn about how to look after your wellbeing and that of others. Outside of this, try new things, take up a hobby, and find something you are interested in learning about and do it..**



**Take notice of the amazing facilities and the positivity in your community. Take notice of people having fun, people connecting and all the good that is going on. We have so much positive things that if we focus on those we can become less distracted by the negatives in our communities.**



**Belfast  
City Council**