

Mental Health Awareness

Resource Pack

Developed by SAMH Physical Activity and Sport Team

Thank You!

Firstly, thank you so much for taking part in our Mental Health Awareness Training session. Your time and participation is hugely appreciated.

We hope you found the session valuable and are able to use your learning and skills developed in your professional and personal lives.

Session Outcomes

Deeper understanding of mental health in relation to sport & physical activity

Further understanding of various mental health problems

Enhance understanding of importance of being active for our mental health

Explore and discuss mental health stigma & discrimination

Build on skills from previous training

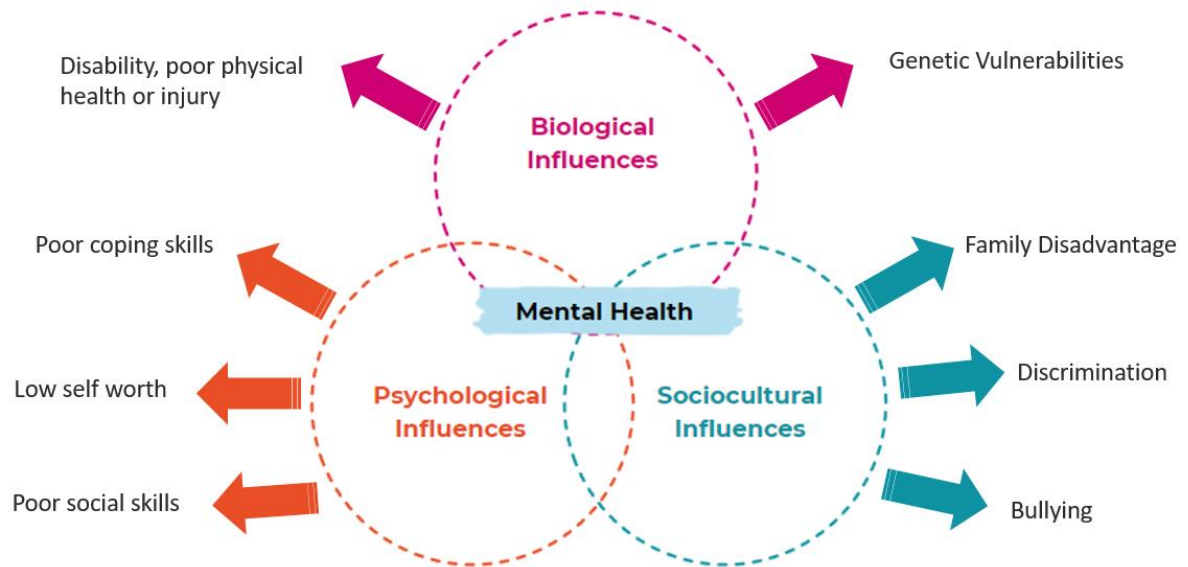
Your Mental Health Kitbag

As discussed throughout the sportscotland and SAMH Route Map, we hope that the skills and knowledge learned through out your journey can be added to your kitbag below. The kitbag will include what we have covered in previous training too. These are the tools we hope we can equip you with to use within your own practice and personal lives.

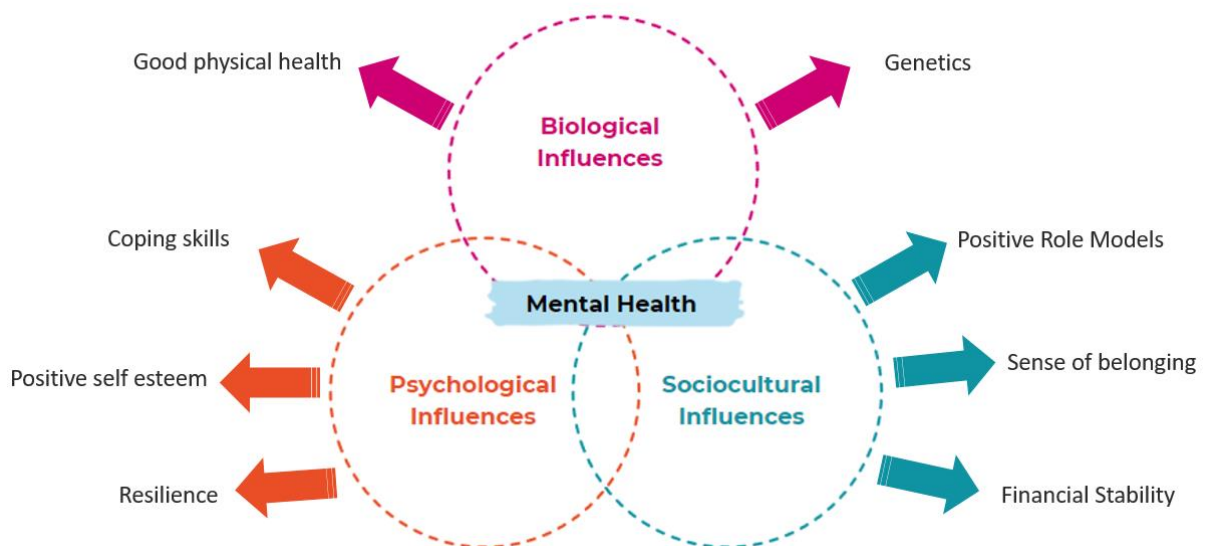


What Influences our Mental Health and Wellbeing?

Potential Negative Influences



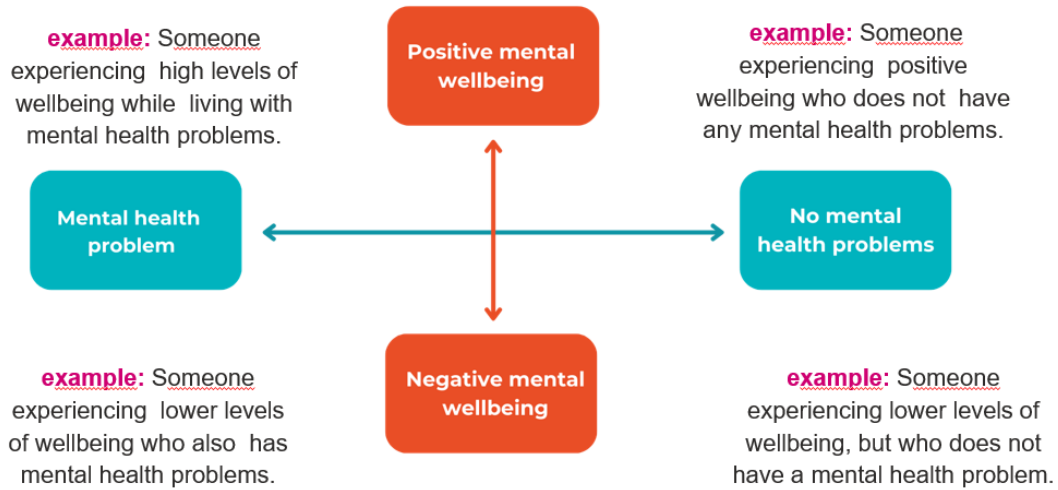
Positive Influences



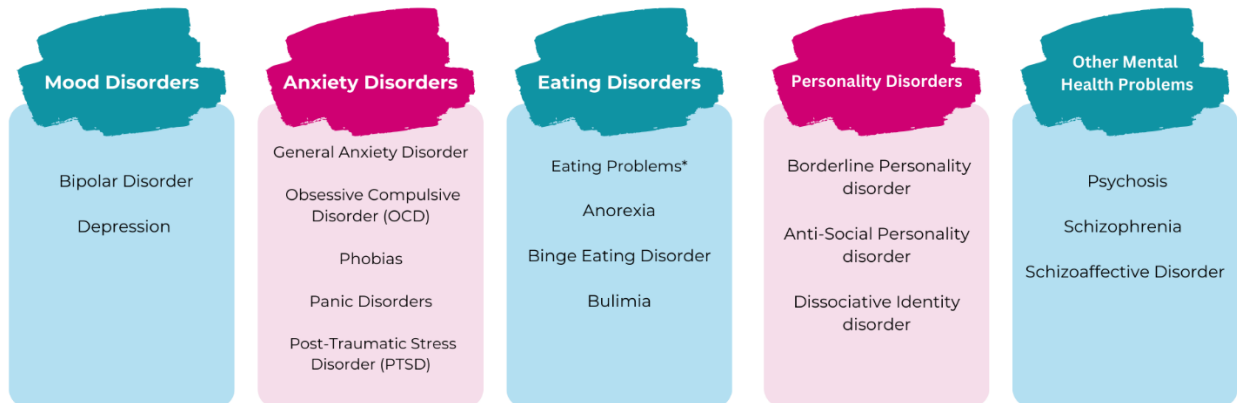
Mental Health Awareness

Resource Pack

Mental Health and Mental Wellbeing Continuum



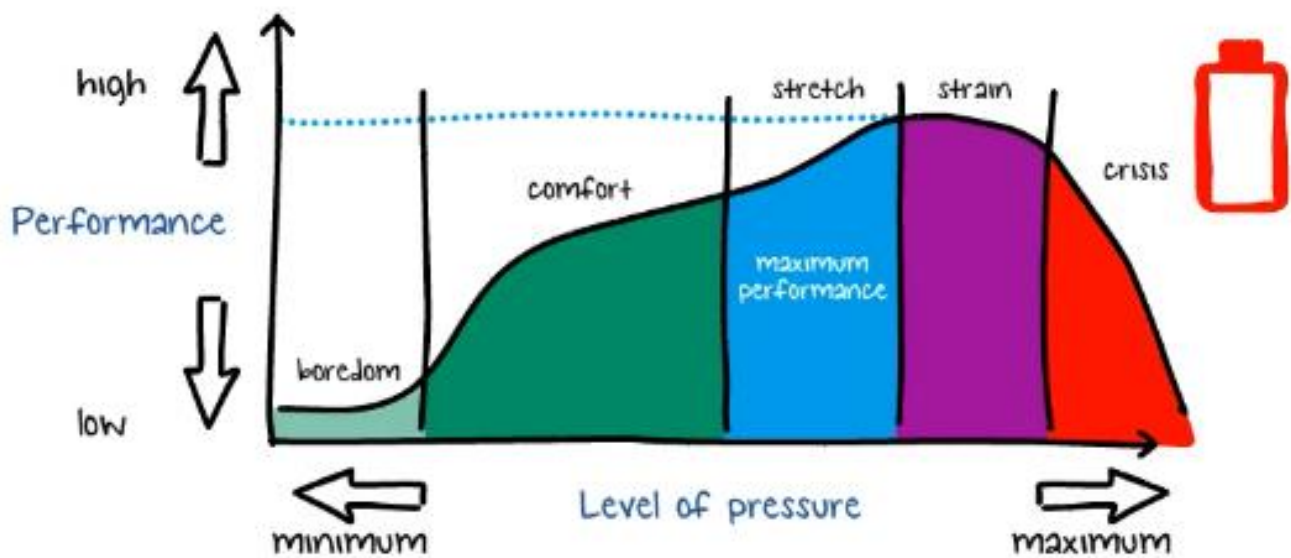
Mental Health Problems



For more information, visit –

<https://www.samh.org.uk/about-mental-health/mental-health-problems>

Stress Vs Pressure



Resilience

What is it?

Resilience is the capacity to stay mentally well during difficult times.

It is something that can change over time and that we, as individuals, have the power to change.

We believe that resilience can be taught and learned and the elements that build resilience can be introduced every day.



How can we change it?

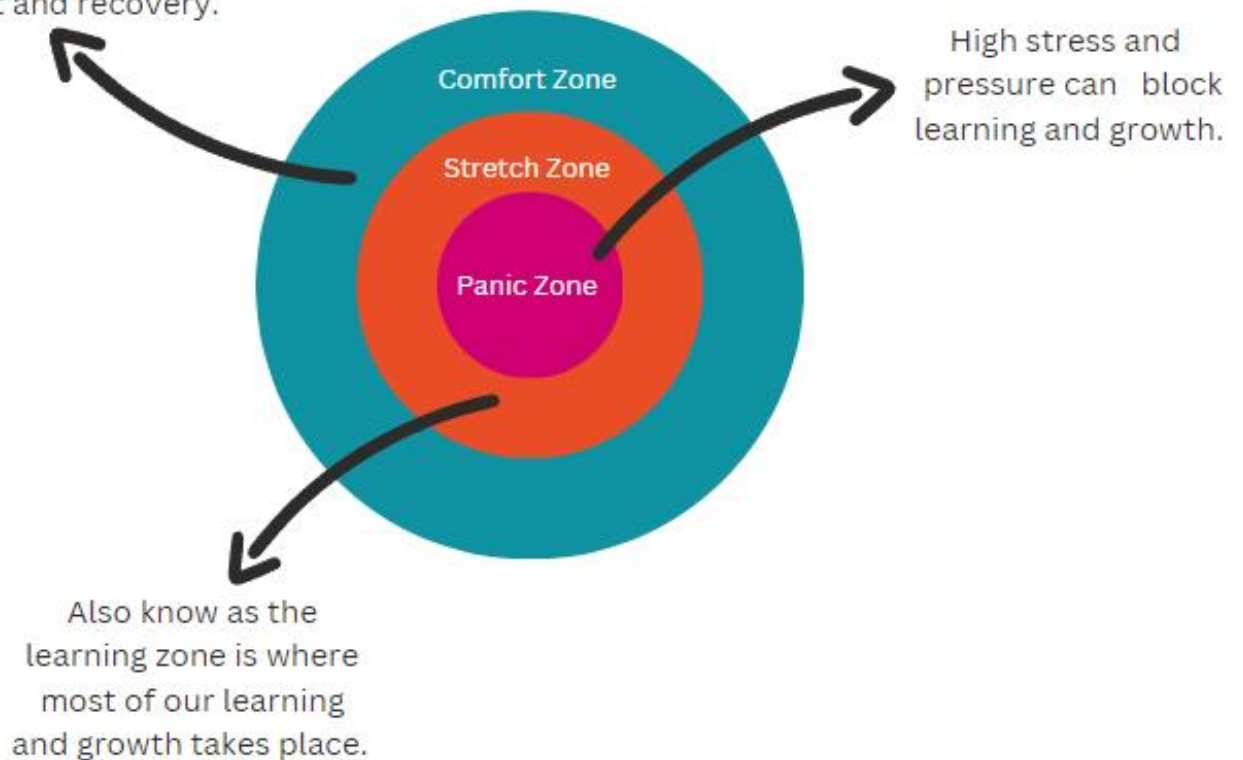
Building resilience can be done by skill building using very simple, but effective, tools. We can build it by introducing skill-building activities into our everyday session plans or practices.

One example below developed from our 5 Way to Better Wellbeing “Comfort, Stretch Panic Zone” activity.

This activity helps participants begin to think differently about situations while they are not in them. This is useful as we can help them identify their weaknesses and in turn help them adopt skills or coping strategies that can help them build resilience.

Building Resilience through Physical Activity & Sport

It is easy to stay in our comfort zone. Staying here limits opportunities for learning and growth but, is also essential for rest and recovery.



Comfort, Stretch and Panic Zone Activity Part 1

Key learning: To help young people build connection and trust with their peers by learning more about themselves and each other.

Comfort Zone,
Stretch Zone,
Panic Zone

Equipment needed:
Cones
Beanbags/something to
throw
A large open space

Time:
10-15 minutes

Participants - Min 6

How to play: (Materials on separate sheet)

1. Using cones, create 3 circles inside each other, large enough for people to stand in the space between each circle.
2. Name each circle from smallest to largest as the following:
 - a. Smallest Circle - Comfort Zone
 - b. Middle circle - Stretch Zone
 - c. Largest circle - Panic Zone
3. Explain each circle to the group and offer some examples of how you would relate in each circle. For example, coaching might be your comfort zone, but speaking in front an audience might be your panic zone.
4. Begin by asking the group how they felt about coming here today, how they feel when playing the sport? More questions on the back
5. Chat through the feelings they may feel when in the comfort Zone
6. Repeat 4 & 5 for Stretch & Panic Zone.
7. At the end, discuss how we might behave if forced into our Panic Zone & how to recognise when we are in it.

Facilitator tips:

Start this game slow by asking young people less personal question to help them to want to share with the group. Bring in humour with some funny questions like 'How does someone asking you to dance make you feel?'

This game is about learning more about ourselves & our relations to our peers. By allowing young people to be honest with moving in & out of zones, allows them to see where others put themselves. When asking questions, try not to put any bias on where you think the group will move. The questions are deliberately not in order so that young people don't answer how they think 'we' want them to answer. If the group don't want to move themselves to the zones, you can use beanbags to have them throw it into the zone instead.

Comfort, Stretch and Panic Zone Activity Part 2



Learn

Key learning: To help young people build connection and trust with their peers by learning more about themselves and each other.

Comfort Zone, Stretch Zone, Panic Zone.

Example questions. Please feel free to use questions that you feel are relevant to your group

and make up your own too!

Start every question as follows: 'Which zone would you place yourself in for...'

1. Coming along here today
2. Meeting someone new
3. Learning a new skill/ trying a new sport or activity
4. Talking in front of an audience/class
5. Taking part in this session today
6. Listening to someone talk about a problem they're facing
7. Moving to a new school or club
8. Chatting to someone about your own mental health
9. Chatting to someone about their mental health
10. Being on a plane
11. Competing for your country
12. Being asked to dance/ having to dance with someone
13. Sitting an exam
14. Using new technology
15. Making dinner for your family & friends
16. Playing your favourite sport
17. Trying new food
18. Thinking about the future/past
19. Reaching out for support from family/friends with your mental health
20. Forgetting someone's name that you've met before

Some of the feelings someone may feel in each zone:

Comfort Zone - Lifeless, secure, bored, unchallenged, comfortable, stable, safe, easy, unmotivated

Stretch Zone - Excited, alive, expectant, willing to risk, learning, inspired, challenge, adventure, new experiences

Panic Zone - Stressed, tired, Frustrated, annoyed, anxious, fed up, exhausted, tense, fearful, overwhelmed, unmotivated, burnout

Eating Disorders

Information from the BEAT Eating Disorders Website

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

The types of eating disorders we discussed during your Mental Health Awareness session, along with some information are listed below. If you want to find out more about other types of eating disorders you can find information at - [Types of Eating Disorder \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

Anorexia Nervosa

Anorexia (or anorexia nervosa) is a serious mental illness that can cause individuals to limit how much they eat or drink. They may develop “rules” around what they feel they can and cannot eat, as well as things like when and where they’ll eat. Anorexia can affect anyone of any age, gender, ethnicity or background. In some cases, anorexia nervosa can be characterized by low body weight, however you can never tell how unwell someone is by just considering their weight.

As well as limiting how much they eat, they may do lots of exercise, make themselves sick, or misuse laxatives to get rid of food eaten. Some people with anorexia may experience cycles of bingeing (eating large amounts of food at once) and then purging.

Bulimia Nervosa

Bulimia (or bulimia nervosa) is a serious mental illness. It can affect anyone of any age, gender, ethnicity or background. People with bulimia are caught in a cycle of eating large quantities of food (called bingeing), and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively (called purging). Treatment at the earliest possible opportunity gives the best chance for a fast and sustained recovery from bulimia.

It’s normal for people who aren’t suffering from an eating disorder to choose to eat a bit more or “overindulge” sometimes. This shouldn’t be confused with a binge eating episode. Binge eating is often a way to cope with difficult emotions; someone may feel driven to binge eat if they’re feeling stressed, upset or angry, for example. During a binge, people with bulimia don’t feel in control of how much or how quickly they’re eating. Some people also say that they feel as though they’re disconnected from what they’re doing. The food eaten during a binge may include things the person would usually avoid. Episodes of binge eating are often very distressing, and people may feel trapped in the cycle of bingeing and purging. People with bulimia place strong emphasis on their weight and shape, and may see themselves as much larger than they are.

Binge Eating Disorder

Binge eating disorder (BED) is a serious mental illness where people eat very large quantities of food without feeling like they’re in control of what they’re doing. It can affect anyone of any age, gender, ethnicity or background, and evidence suggests it is more common than other eating disorders.

People with binge eating disorder eat large quantities of food over a short period of time (called binge eating). Unlike people with bulimia, they don’t usually follow this by getting rid of the food through, for example, vomiting, though sometimes they might fast between binges. BED is not about choosing to eat large portions, nor are people who suffer from it just “overindulging” – far from being enjoyable, binges are very distressing, often involving a much larger amount of food than someone would want to eat. People may find it difficult to stop during a binge even if they want to. Some people with binge eating disorder have described feeling disconnected from what they’re doing during a binge, or even struggling to remember what they’ve eaten afterwards.

Characteristics of a binge eating episode can include eating much faster than normal, eating until feeling uncomfortably full, eating large amounts of food when not physically hungry, eating alone through embarrassment at the amount being eaten, and feelings of disgust, shame or guilt during or after the binge. Someone who experiences at least one of these distressing binge eating episode a week for at least three months is likely to be diagnosed with binge eating disorder.

Self-Harm Support and Distractions

The main way people help themselves when they want to self-harm is through distraction. Different distractions work for different people, and the same distraction won't necessarily work for you every time. For example, distracting yourself from anger feels very different to distracting yourself from fear, so it's important that you have a few different strategies to choose from. The following are simply suggestions.

More information can be found-

https://www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf

Feelings	Possible Distraction suggestion
Anger and Frustration	<ul style="list-style-type: none"> • exercise • hit cushions • shout and dance • shake • bite on bunched up material • tear something up into hundreds of pieces • go for a run Expressing your anger physically, or by doing things like shouting, won't work for everyone and could intensify feelings. Try things out and continue with any that have a positive effect.
Sadness and Fear	<ul style="list-style-type: none"> • wrap a blanket around you • spend time with an animal • walk in nature • let yourself cry or sleep • listen to soothing music • tell someone how you feel • massage your hands • lie in a comfortable position and breathe in – then breathe out slowly, making your out-breath longer than your in-breath. Repeat until you feel more relaxed.
Need to Control	<ul style="list-style-type: none"> • write lists • tidy up • have a throw-out • write a letter saying everything you are feeling, then tear it up • weed a garden • clench then relax all your muscles
Numb and Disconnected	<ul style="list-style-type: none"> • flick elastic bands on your wrists • hold ice cubes • smell something with a strong odour • have a very cold shower
Self-hatred and wanting to punish yourself	<ul style="list-style-type: none"> • write a letter from the part of you that feels the self-hatred, then write back with as much compassion and acceptance as you can • find creative ways to express the self-hatred, through writing songs or poetry, drawing, movement or singing • do physical exercise (like running or going to the gym) to express the anger that is turned in on yourself.

Challenging Stigma and Discrimination

Stigma comes in many forms. It could include:

- Losing contact with loved ones, because their friends or family don't want to 'deal' with them.
- Being refused work, having their status or role changed at work, or losing their job, because of their mental health problem.
- Having their illness dismissed or minimised, for example being told to "man up" or "get over it."
- Being called offensive names because of their mental health problem.
- Being over-protected by friends, family or colleagues because of an assumption that they are less capable.

Stigma and Discrimination can affect our mental health by:

- It can prevent people from seeking help, delay treatment and impair recovery.
- It isolates people, excludes them from day-to-day activities and makes it hard to build new relationships or sustain current ones.
- It can stop people suffering with mental health problems from engaging and participating in physical activity and sport.

What could you do to challenge Stigma & Discrimination?

Workplace - have your organisation sign up to the See Me in Work programme (NOTE: it requires sign-off at leadership level, e.g. CEO, HR Director), an improvement programme that supports employers to capture a baseline, plan and implement improvements and evaluate the difference interventions have made to tackling mental health stigma and discrimination in the workplace.

Children and Young People - we need to reach the next generation if we want to change attitudes towards people with mental health problems. Check out the See Me website for resources like What's On Your Mind, FeelsFM, etc. to support children and young people to talk about their mental health.

Communities - become a See Me volunteer and speak out against stigma and discrimination. See Me offers tailored support and an offer of training and development to help you speak about your experiences of mental health and share your story safely.

Physical Activity and Sport Community - challenge negative language used within your club or session. Use language learned within these sessions. Share or advertise anti stigma and discrimination posters within your venue and on your club/group social media.

Case Study- Alex

At the age of ten Alex suffered a period of anxiety and depression following the sudden death of their father during the COVID19 pandemic. With the support of their sports club, Alex was able to find an escape, build resilience and found their own way to cope with the situation.

Alex turned 12 two days before they started High School. The week prior, at a summer camp, the coaches noticed Alex became fatigued quickly and lacked the power usually displayed. Alex also tried to skip lunch and instead wanted to practice skills through the break.

From the case study consider the below questions.

What are the early warning signs?

What are the triggers?

What are the next steps?

SAMH Signposting

Active2:Grow

A fun and safe program to learn about mental health, make friends and be active.

Ages 11-14 Glasgow, North Ayrshire, Fife & Stirling

The Changing Room

12-week program focusing on men's mental health and wellbeing through the beautiful game, of football.

Males ages 30-64

Running in Football Clubs Around Scotland

JogScotland

Jog and walking groups throughout Scotland for all ages and abilities.

All jog leaders are trained in Mental Health Awareness

SAMH Mental Health Charter for Physical Activity and Sport Sign up - <https://www.samh.org.uk/get-involved/physical-activity-and-sport/our-projects/mental-health-charter/sign-up-to-the-charter-community-level>

SAMH Website

Scottish Association for Mental Health website lots of good information and links resources and information about Mental Health & Wellbeing

Website: www.samh.org.uk

Wellbeing assessment tool

Keeping track of our mood over time can help us to recognise a deterioration in our mental health.

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/wellbeing-assessment-tool>

National Signposting

Breathing Space

An NHS based service that offers a listening service.

Tel. 0800 83 85 87

(Monday to Thursday, 6pm to 2am & Friday to Monday, 6pm to 6am)

Website:

<https://breathingspace.scot/>

Beat Scotland

Eating Disorder support and resources.

Website:

<https://www.beateatingdisorders.org.uk/>

Tel. 0808 801 0432

NHS 24

An NHS out of hours' triage service.

Tel. 111

SHOUT

A confidential, anonymous and free text helpline.

24 hours a day, 7 days a week

Text SHOUT to 85258

Website:

<https://giveusashout.org/>

Samaritans

Crisis listening service

Tel. 116 123

24 hours a day, 7 days a week.

Email jo@samaritans.org

Website:

<https://www.samaritans.org/?nation=scotland>

sportscotland

Various case studies detailing the benefits of physical activity and sport on people's mental health.

<https://sportfirst.sportscotland.org.uk/articles/?tag=mental+health>

Healthier Scotland

Things you can do to help clear your head

<https://clearyourhead.scot/>

MIND Website

Partner charity for England & Wales. Very good website with lots of information, resources and case studies about Mental Health and Wellbeing

Website: www.mind.org.uk

Useful Videos

Black Dog-

<https://www.youtube.com/watch?v=XiCrniLQGYc>

Stress vs Pressure –

[Pressure and performance - Mental health awareness at work - eLearning \(youtube.com\)](#)

Sir Chris Hoy and Mental Health-

<https://www.youtube.com/watch?v=Oc9MgSmZPhM>

Food and Mood-

<https://www.youtube.com/watch?v=CSHO9VdVRfg>

Eating Problems-

<https://www.youtube.com/watch?v=qLcvH2YhptY&t=115s>

Responding to Self-Harm-

<https://www.youtube.com/watch?v=uKGciUB8OSg>