

Taking time for self care is not always easy, but doing something small each day, week or month is a great start.

Self-care is different for everyone and isn't just for reacting to stress. It is about participating in activities that improve your mental and emotional wellbeing. There is no specific time frame or frequency for it to occur, but it is important to try and practice self-care everyday. Self-care isn't designed to be an emergency stress relief plan. It is something that can be incorporated into everyday activities to maintain a positive wellbeing.

So here are some tips that may help you take time for yourself and just reset, refocus and get ready to go again.

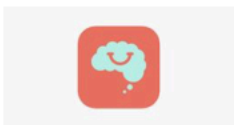
### 1. Put down your phone!

Um what did she just say! Put down your phone – that's not going to happen! I know this can be hard, but spending Sunday afternoon without your phone is one of the best things you can do. It's so important to disconnect and spend time by yourself, with friends or with family. Interpersonal relationships (without a phone in your hand) is so necessary for a healthy life, but being on your phone will limit that. Just start slow and build! Leave it in your room for an hour without checking Facebook, Insta or Snapchat – don't worry I promise you they will still be there on your phone in an hour!



### 2. Meditate

We have talked about meditation before throughout the year and how important it is for the soul. Meditating is so important for your mental health. You only need to do it for 10-15 minutes a day and the list of benefits can change your life. It reduces stress, controls anxiety and makes you become more mindful. I will be honest that when I first began meditating I struggled big time – I looked for every opportunity to find something else to do other than meditate. But with time it has become a great way to just be in the moment, and relax. Even a simple few deep breathes with your eyes closed in the middle of the day can help relieve your stress and allow you to reset. There are many wonderful apps to help you learn to meditate but certainly I can recommend: Headspace and Smiling Mind.



### 3. What makes you happy?

There are so many positive things you can do by yourself. Working out, reading a book, even just watching TV. Everyone needs a little me time. Be sure to focus on things that make you happy and healthy.

### 4. Rest

This is a hard one as no doubt there will be many of our players that will sleep the holidays away! But in the grand scheme of things sleeping is the key ingredient to a healthy life. Try to get the recommended 8 hours of sleep. And if you need it – take a nap! Nothing is better than a Sunday afternoon watching TV and allowing yourself to rest for a few hours.



### 5. Watch your Favourite TV Show/movie

It's so important to give yourself time without any guilt to enjoy your favourite tv show or movie. After you have finished all of that holiday homework of course! It is more than okay to indulge in your favourite Netflix series. Don't think too much, just watch and have fun.

### 6. Take off the blinkers! Find an outlet

Do you have a hobby or want to pick up? Time and time again you will hear me saying that you need to find out outlet away from football! It is no good for anyone to be focused on football 24/7 so do something else that will make you happy and relaxed. It might be surfing, fishing, camping, basketball)