

Mental health action plan

A TOOL FOR COACHES AND PARTICIPANTS

Name:

Date:

The 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 participants, we are generally good at noticing the physical signals that indicate we are moving through these different zones during training and competition (out of breath, lactic acid build-up, dizzy), and we are well-trained in how to respond.

However, we're generally not as skilled at recognizing and labelling 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 your mental health zones.
REMEMBER: Your signals are likely very different from others' signals because many factors influence how we move through our day-to-day lives.



	Green zone (COMFORT)	Yellow zone (CHALLENGE)	Red zone (STOP)
	Explore the signals that let you know you're in the green zone	Explore the signals that let you know you're in the yellow zone	Explore the signals that let you know you're in the red zone
For example...	<i>I feel peaceful, patient with others and assertive. I smile at strangers as we pass. I feel grateful to be alive.</i>	<i>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.</i>	<i>I lash out at others. I feel afraid even though there is no visible threat to my safety, and my worries are out of my control.</i>



	Green zone (COMFORT)	Yellow zone (CHALLENGE)	Red zone (STOP)
	Explore the signals that let you know you're in the green zone	Explore the signals that let you know you're in the yellow zone	Explore the signals that let you know you're in the red zone
<p>Looks like How am I behaving? How am I interacting with others? How do I look?</p> <p>Sounds like What am I saying to myself (inner monologue)? What am I saying to others?</p> <p>Feels like What emotions and sensations am I experiencing?</p>			

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

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

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

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

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

Name:

Relationship to me:

Phone number:

