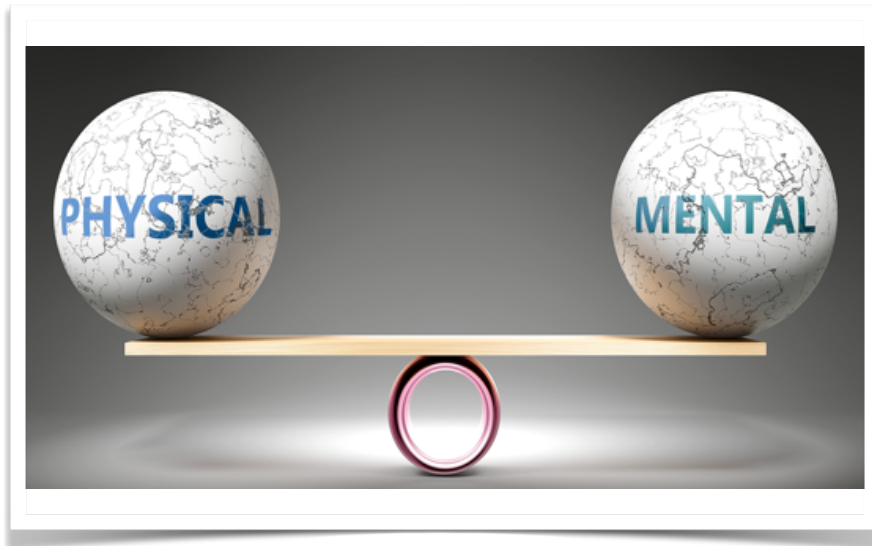


Mindful Wellness

Mental Health Program



What is Mindful Wellness?

The Mental Health Initiative started in 2019 with a Mental Wellness Survey created by Dr. Caroline Harker-McDonald and her research team at Mount Royal University. The survey was distributed among OMHA and OAAA players to assess the players overall well-being. From there, the associations welcomed Amy Snyder (Parallel Youth Connections) to add a Mental Wellness component to their safety program.

The goal of the now “Mindful Wellness” Initiative, in addition to the physical component provided by the safety program, is to support both social and emotional well-being, and to ensure players have both physical and mental health balance to perform their best.

What is Mental Health?

Mental Health or Mental Wellness, refers to: ***“A person’s condition with regard to their psychological, social and emotional well-being. It affects how we think, feel and act. It also helps us determine how we handle stress, relate to others and make choices. Mental health is important at every stage in life, from childhood and adolescence through adulthood.”***



Your mental health is just as important as your physical health.



Early identification and intervention are key



1 in 5 Canadians are affected by mental health problems

What we know about Sports and Mental Health

-Team sports build STRONG RELATIONSHIPS

-Improves SLEEP

-Teaches RESILIENCE

-Teaches PERSEVERANCE

-Builds LEADERSHIP skills

-Distracts the brain and REDUCES STRESS

What can Mindful Wellness look like for your association or team?

Amy is currently contracted by the U18AAA Raiders for the second season. Her involvement with the team consists of monthly team session that are mindful, strength-based and empowering. These sessions focus on current themes or concerns while providing a safe, positive team environment. Some examples of these sessions are: Mental Health, Sports & Mental Health, Stigma, Social Media, Decision Making, Resilience, Perspectives, Team Positivity and Goal Setting.

Players also have access to Amy's services whenever they need it, in accordance to the players preferred method of communication, and can book one to one sessions as well. All sessions are confidential.

"Amy was an integral component to our hockey season last year. It was no secret that our young players were struggling with their mental well-being after their return from COVID-19. As a coaching staff, we felt it necessary to bring in Amy as a resource to ensure our players mental health was looked after. Our players loved meeting with her as a team every two weeks, often feeling refreshed, supported, and ready to continue on with their busy week. We were pleased to find out that once our sessions with Amy started, our players felt like they could better manage this stress, while also feeling validated in their emotional responses.

Additionally, the coaching staff could not ask for a better mental health liaison throughout the season. Amy always gave us 24-hour access to her, should we need to call from the road, set up an emergency session or individual meeting, or give us strategies on how mediate our players overall mental well-being for that week, she was always easy to get into contact with. It was a tough season on all of us; however, Amy's unwavering support, knowledge, and guidance, allowed us to confidently continue forward, even in the toughest times. As a coaching staff, we believe that mental health is a large aspect of the game and therefore, we could not be more excited to bring Amy back for her second season with the Raiders!"

- Lauren Dormer, Assistant Coach, U18 AAA Raiders

BE AWARE....KNOW WHEN TO REACH OUT....KNOW WHO TO REACH OUT TO

It is important to be sensitive to the ever-changing needs and situations of our players and families. For further resources in the community please check out www.foothillsnetwork.ca or consult with Amy Snyder for more information.

