



Okotoks Minor Hockey Association

"Practice and play like a champion today!"

Box 1152 Okotoks, AB T1S 1B2

403.710-2213

MENTAL WELLNESS

WHAT IS IT?

"A state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community"

One's overall Mental Wellness can be affected by biological factors, such as genes or brain chemistry, life experiences such as trauma or abuse, toxic stress, family history of mental health problems and brain injury.

1 in 5 Canadians are affected by mental health problems, no one is immune, including athletes.

According to the Raising Canada September 2020 report but Children First Canada, suicide is now the leading cause of death for children aged 10-14.

SPORTS AND POSITIVE MENTAL HEALTH

- Team sports build strong relationships
- Improves sleep
- Teaches resilience
- Teaches perseverance
- Builds leadership skills
- Physical activity distracts the brain and reduces stress



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WHEN TO REACH OUT.....When something just doesn't seem right

You as a coach are struggling to connect with a player, they seem hard to engage with, withdrawn or are displaying behavioural concerns.

A parent has reached out to you asking for your support.

A player has confided in you about something that is out of your realm of expertise and you would like outside support,

*Check out www.foothillsnetwork.ca for a full list of resources available in the Foothills Area or consult with Amy Snyder for more information.

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Be AWARE, Be a "GO-TO" Supporter, Know WHEN to reach out, Know WHO to reach out to