

Looking After Your Mental Health In Lockdown

More than half of adults (60%) and over two thirds of young people (68%) have said their mental health got worse during lockdown. *"The Mental Health Emergency (2020)"*

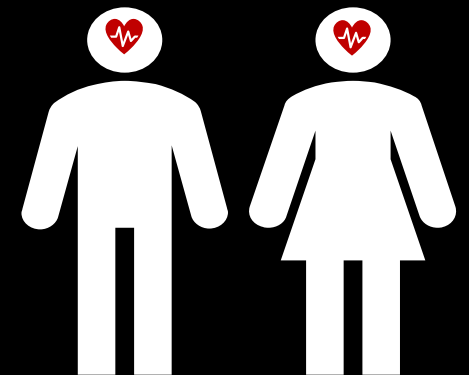


At Highland Rugby Club we look to support all our players, coaching staff and club members.

We want you to know that you are not alone during the Pandemic.

'It's Okay not to be Okay'

Below are 9 useful ways to look after your mental health during the Pandemic.



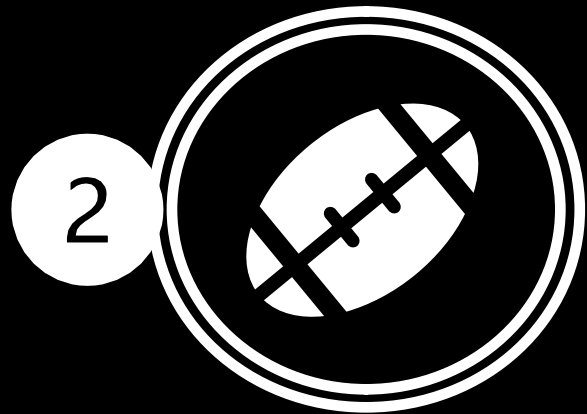
Keep In Touch



It's important catching up with friends & family, however it has not always been possible during Lockdown. Alternatively, you can call, send a text or chat to them online instead. Try and keep lines of communication open, let them know you are okay and if they are too.



Keep Active



We have been unable to play Rugby this year due to the pandemic but there are other ways to stay active. Rory Cross and the coaching staff are providing workout routines we can do from our homes. There is significant evidence that exercise can massively improve a persons Mental Wellbeing.

Eat Well

3

Studies have found that healthy diets can help with symptoms of depression and anxiety.

Club Dietitian Andrew Kyle is happy to be contacted to provide advice, healthy meal options and organize personalised plans.

4

Take A Break

Making tiny changes to your day-to-day routines can hugely benefit your mental health. It could be a 5-minute break from cleaning duties, taking longer lunch breaks at work or even reading or watching TV. We are unable to travel due to Lockdown Restrictions so even finding a new local walk can be enough to help relax & de-stress you. It's important to have time to yourself!



5

Drink Responsibly

Studies have shown that individuals with Mental Health issues, who then gave up alcohol, started to feel better within a few weeks.

(NHS Scotland)

Signs that alcohol is harming your mental health include:

- finding it hard to sleep after drinking
- having a low mood
- feeling tired and hung over
- feeling worried and anxious in places and with people that you wouldn't normally have any worries about

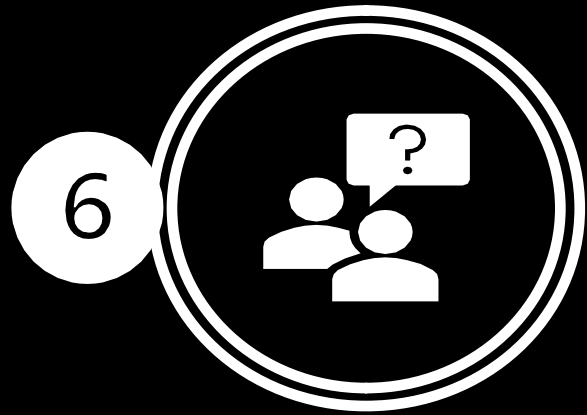
More than a quarter of people think they have drunk more during lockdown "Alcohol Change UK (2020)"

You may need help if:

- you often feel the need to have a drink
- you get into trouble because of your drinking
- other people warn you about how much you're drinking
- you think your drinking is causing you problems

A good place to start is with a GP. Try to be accurate and honest about how much you drink and any problems it may be causing you.

Ask For Help



We can't always be on our A Game, on or off the pitch. We all get tired or overwhelmed by how we feel or if things don't go to plan. If you are overwhelmed and you feel you can't cope, ask for help.

Our family, friends, coaches and teammates can offer support or just be there to listen.

Your GP and other local services are there to help you too.

You are not alone.



Care For Others

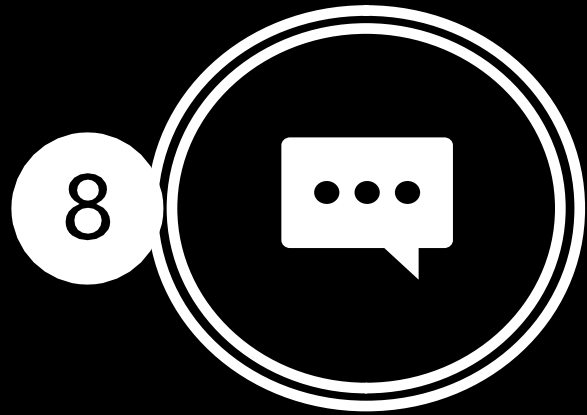


Not being able to see family and friends during lockdown can certainly take its toll on all of us, some more than others.

So it is vitally important for our mental health to stay connected, especially during times of crisis where we can support each other.

Call a team-mate, Text a coach or E-Mail a friend and see how they are keeping. Reach out to someone you know.

Talk About Your Feelings

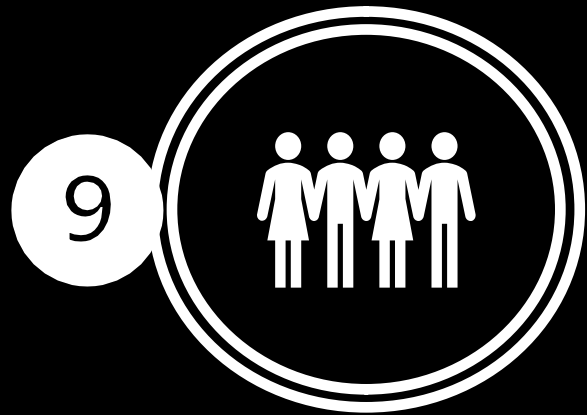


Talking about your feelings isn't a sign of weakness. It's the start of taking control of your mental wellbeing and doing what you can to stay healthy.

Talking can be a way to cope with the stresses you've been carrying around in your head. Just being listened to can help you feel supported and less alone. This works both ways if you open up, it might encourage others to do the same. Break down the Stigma!



Accept Who You Are



'We are all different. It's much healthier to accept that you're unique than to wish you were more like someone else'

"Mental Health Foundation"

Having a positive view of yourself can promote self-confidence. In learning new skills, acknowledging our strengths & weaknesses and setting attainable goals.

Good self-esteem helps you cope when life takes a difficult turn.

If you are concerned about your own or someone else's mental health you should contact your Local GP or dial NHS 24 on 111. If you are in distress and need immediate help and are unable to see a GP, you should visit your local A&E Department.

If you like more mental health tips during the pandemic visit: www.mentalhealth.org.uk/coronavirus/mental-health-tips

If you require help, Mikeysline a local Inverness Charity has call and text-based services offering confidential, non-judgmental support. TEXT - 07786 20 77 55 Or Via Messenger, Twitter or Live Chat - www.mikeysline.co.uk

Or request a call back appointment by sending a message to us.



Sun to Thurs from 6pm – 10pm

Fri/Sat from 7pm – 7am

Other Support Networks:

Samaritans Inverness.

A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom.

61-67 Tomnahurich Street, Inverness, IV3 5DT

www.samaritans.org/scotland

Contact: 0330 094 5717

Breathing Space.

Scottish Rugby has partnered with Breathing Space, a free, confidential phone service for anyone in Scotland, experiencing low mood, anxiety or depression.

www.breathingspace.scot

Contact: 0800 838 587



If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence.

Drinkline: 0300 123 1110

At Highland Rugby Club we want to create a safe & confidential environment for all club members to raise concerns they have for their own or another's Mental Wellbeing. Together let's kick the stigma into touch!