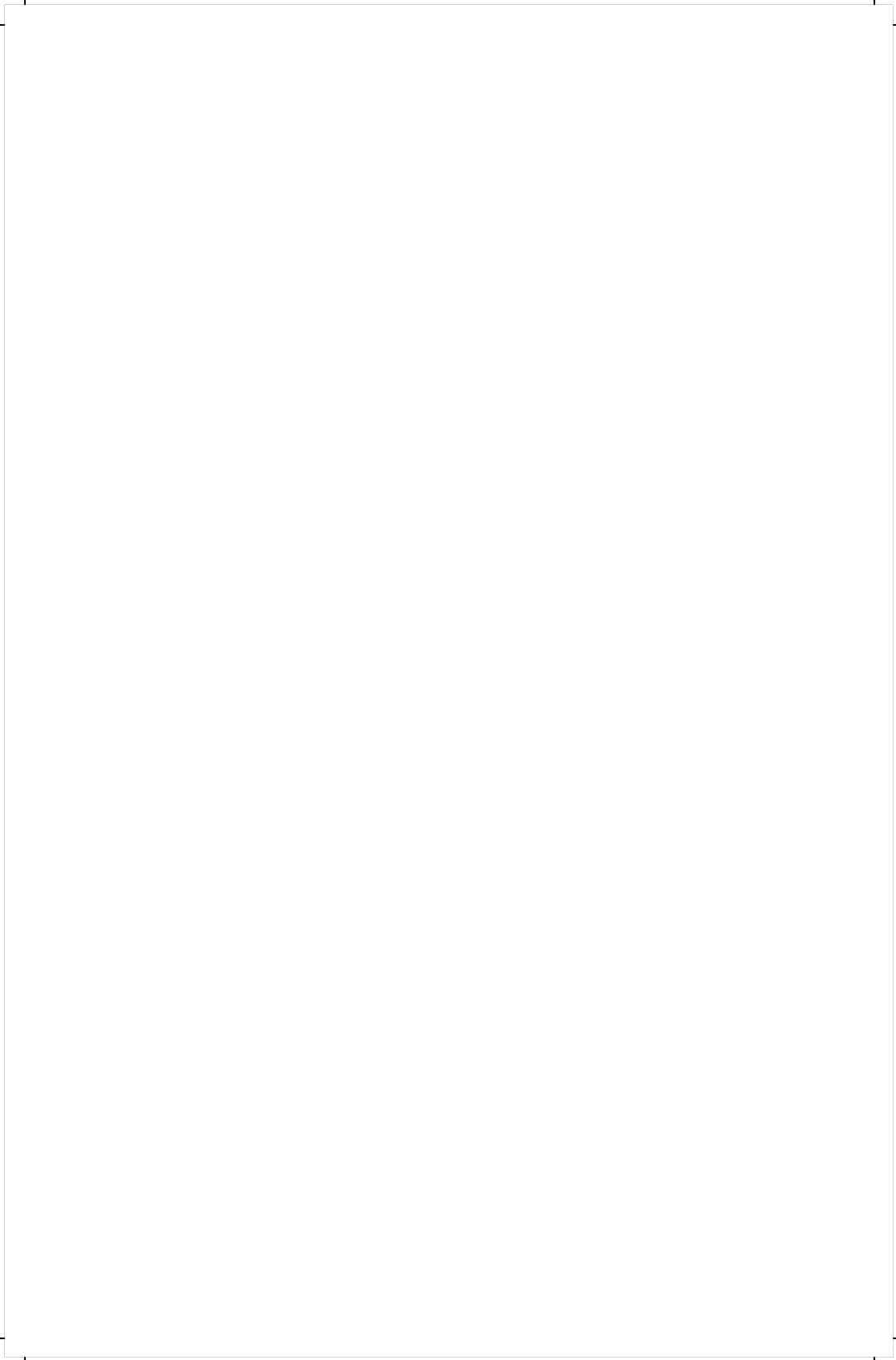




GAMEPLAN

PHYSICAL + MENTAL WELLNESS WORKBOOK







GAMEPLAN

Gameplan is a Lady Ballers Camp initiative promoting young Black women's mental health. The teen years have always been complicated. However, today's world is making it even more complex to navigate, with no end to additional stresses and challenges. This workbook, curated by a mental health nurse and a social worker, aims to provide helpful and practical tools to support young Black women's mental wellness through these formative years.

THANK YOU

Gameplan is made possible thanks to the generous support of our funders, the Ontario Trillium Foundation. The foundation's enduring support to thousands of community organizations benefits the well-being of so many throughout the province.



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PREPPING THE MINDSET

Getting the most out of this workbook requires an open mind and a willingness to explore new ideas. Prepping a healthy mindset now will set you up for a brighter future. Habits you form now as a teen often stay with you for a long time, so be mindful that the ones you are developing are *good* ones and bolster your resilience.

Don't be hard on yourself if you have an unhealthy habit. Everyone does if they are honest with themselves. If you want to change a habit, remember that rewiring your brain takes time and effort, so be persistent and patient, and most of all, be kind to yourself. Expect to practice and practice and fail and practice again and again till you get it.

Apply the following tips to a habit you want to break free of:

1. Try to figure out the *why*:

.....

2. Set yourself a realistic and achievable goal:

.....

3. Avoid tempting situations or triggers:

.....

4. Replace unhealthy behaviours with healthy ones:

.....

5. Reward yourself for your efforts:

.....

TIPS FOR STAYING IN THE ZONE

The first step to staying in the zone is managing your stress levels. You can start by recognizing the source of the stress. Focus on what you can change and try not to give too much attention to what you cannot change.

Circle the things you **CAN** control and cross out the ones you **CANNOT** control.

the weather
your boundaries
the past
negative thoughts
your attitude
your inner critic
how much sleep you get
traffic
how you spend your free time
procrastination
your self-esteem
other people's happiness
the future
what others think of you
waking up late

Try not to dwell on the things you cannot control and instead focus on what you can control. Then you can start thinking about making changes or finding solutions with what you can control. Remember, don't sweat the small stuff!

TIMEOUT



Listen to your body. Rest if you need to recharge your battery. If you are constantly running on low, you'll eventually burn out.



Getting a regular good night's sleep is the basis for leading a healthy life. Sleep is so fundamental, especially in your teen years. Remember to put your devices away as you get ready for bed.



If you've been through a rough patch, allow yourself time and space to process your emotions in a healthy way. Journaling can be a great way to process emotions without slipping into rumination. Getting it out on paper can help you from overthinking it.

What do you do for self-care?

Do you have others to share?

♥ Shoot some hoops

♥ Workout

♥ Listen to music

♥ Dance

♥ Take a bath

♥ Go for a long walk



♥ Yoga



USE YOUR TIME ON THE BENCH

Use this time to rest, motivate, and change strategy. Set your own standards instead of comparing yourself to others, and be mindful of the inner voices in your head.

TURN YOUR INNER CRITIC INTO YOUR INNER COACH

-  Your inner critic is probably louder than your inner coach. Turn this around!
-  Your inner coach is understanding and encouraging, whereas your inner critic deflates your dreams.

"You're never going to make it happen."

vs.

"This is harder than I thought, but I know I can do it."

You want your inner coach to be in charge. Inevitably your inner critic will come up at times, and when they do arise, instead of pushing the negative thoughts away, take a moment to pause and unpack them.

*"OMG, I can't believe you said such a stupid thing.
They must think you are a complete idiot!"*

Tell yourself

"Ok, that was an awkward situation. Next time I see them, I'll explain what I meant to say. I'm sure they've had a slip-of-the-tongue moment themselves."

REMEMBER

Talk to yourself more than you listen to yourself!

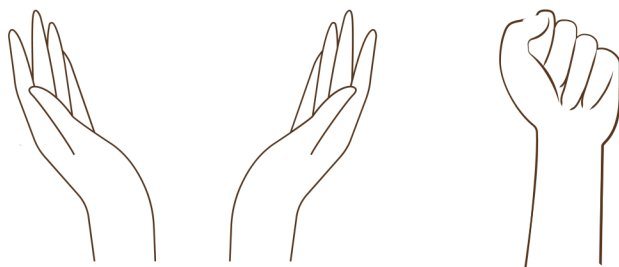
AIRBALL

Our brains tend to hold onto negative experiences more than positive ones. Like a survival mechanism, it's how we have evolved as humans, helping us be aware of threats and learn from our mistakes. However, it can become a problem when these negative thoughts outweigh positive ones.

Think of some negative experiences that have stuck with you and are holding you back from moving forward. Is there another way of looking at it? Are you ready to let go of it while holding onto the life lesson?

Let go of:

Hold onto:



Learn from missed shots and get back in the game!

WHO IS ON YOUR TEAM?

It is important that you have supportive people in your life. Remember, it is not about the *quantity* of people in your life, but the *quality*. Write down people you can turn to for help when you are:

overwhelmed and need emotional support:



in need a listening ear that's non-judgmental:



feeling alone and needing to confide in someone trustworthy:



lost and need guidance from an older mentor:



feeling down and just need a good laugh:



Who else can you add to your support network? Coach, friend's mom, neighbour, school counsellor or doctor...

Just remember, there is always someone here to help.

LBC Dial a Counsellor: Call or text 289-212-3652

RiseUp Kids Help Phone: text RISE to 686868

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A SAFE PLACE FOR GIRLS TO MAKE FRIENDS,
KEEP FIT AND HAVE FUN

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