

**AHEAD OF THE GAME**  
GROWN BY NOVEMBER®



## STEPS TO IMPROVE YOUR MENTAL FITNESS

- » KEEP ACTIVE
- » TALK ABOUT YOUR PROBLEMS
- » FOCUS ON YOUR STRENGTHS
- » EAT HEALTHY
- » SPEND TIME WITH FAMILY & FRIENDS
- » SLEEP 8–9 HOURS A NIGHT
- » TAKE TIME TO RELAX

## HELPING OUT YOUR TEAMMATES

### LOOK

It can be hard to know if your mate is struggling with their mental fitness. They might not hang out with friends as much or always seem tired and down. If you notice these changes, you should check-in and see if they're OK.

### TALK

You might not know what to say but you don't need to have all the answers. Showing that you're willing to listen is a great start.

### LISTEN

Listen without judgment, If they don't want to talk, that's OK. Let them know you are happy to listen when they want to talk.

### BE A SMART ALEC

Ask, Listen, Encourage Action, Check in.

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