

Individual Mental Health Action Plan

This resource can help you proactively respond when you notice your mental health is declining. It can also help you start a conversation about the support you need from those around you (e.g., your coach, MPC, teammates, members of your IST) when your mental health is compromised.

My signals

“Zones” represent physical, emotional and psychological states that we experience as we move through life. We may feel comfortable (green zone), challenged (yellow zone), or at a point where we need to stop, take a step back and re-evaluate (red zone). As high-performance athletes, we are generally good at noticing the physical signals (e.g., out of breath, lactic acid build up, dizzy) that indicate we are moving through these different zones during training and competition, and are well-trained in how to respond.

Generally, we're not as skilled at recognizing and labeling the behaviours, thoughts, and emotions we experience as we move through our comfort, challenge and stop zones during our daily lives. Often, we have been socialized to dismiss pain, push through discomfort, and suppress our emotional reactions. But being able to recognize when we're not feeling like ourselves is an important skill and can prevent distress if we intervene early. Continued self-awareness is the foundation of mental health maintenance. In order to intervene when our mental health is declining, we first need to notice the signals.

Complete the chart below to identify some of the behaviours, thoughts and feelings (signals) that correspond to your mental health zones. **REMEMBER:** Your signals are likely very different from others because many factors influence how we move through the world!

	Comfort Zone Explore the signals that let you know you're in your green zone	Challenge Zone Explore the signals that let you know you're in your yellow zone	Stop Zone Explore the signals that let you know you're in your red zone
Identifying Your Signals Looks Like <i>How am I behaving?</i> <i>How am I interacting with others? How do I look?</i> Sounds Like <i>What am I saying to myself (inner monologue)?</i> <i>What am I saying to others?</i> Feels Like <i>What emotions and sensations am I experiencing?</i>	For example: - I feel grounded - I am patient with my teammates - I am assertive in training - I smile often - I feel grateful to be alive	For example: - I am easily frustrated by others - I don't talk as much - I spend more time alone - I have trouble focussing - I feel lethargic	For example: - I lash out at others - I'm scared even though there is no visible threat to my safety - I worry constantly - I have difficulty falling asleep



My Wellness Entourage

Who are the people within your entourage (e.g., friends, family, significant other, teammates) in whom you feel safe confiding when you're not well?

When I notice that I'm moving away from my green zone, I can reach out to:

Name

Relationship to me:
Contact information:

Name

Relationship to me:
Contact information:

Name

Relationship to me:
Contact information:

Taking Action

When I notice I'm moving towards my yellow zone, I can take these actions:

e.g., Take one minute to just breathe

Seeking support

When I notice I'm moving towards my yellow zone, I need my Wellness Entourage to take the following actions:

e.g., Check in on me once a day to ask how I'm feeling

When I notice I'm in my red zone, I can take these actions:

e.g., Schedule a session with my mental health practitioner

When I'm in my red zone, I need my Wellness Entourage to take the following actions:

e.g., Help me meal prep so I can keep fueling my body well

When I'm in my red zone, I need the following support from my teammates, coaches, and IST in my DTE:

e.g., Work with me to modify my training volume / intensity

If I am in crisis, my emergency contact is:

