



RETURN TO PLAY

WELLBEING RESOURCES

It is exciting that footy is returning and everyone can get back to playing the game they love, however you need to ensure that you are prepared, so that you do not risk injury or illness.

To ensure the safety of all involved in Rugby League, we are all personally responsible to follow all relevant protocols and practice good hygiene whilst attending a Rugby League venue within the current COVID pandemic. To assist in your preparation as a player, this booklet includes 4 Wellbeing resources with tips and strategies to help you maximise your potential and give you the best opportunity to return to play effectively.

Physical Wellbeing Aspects:

Nutrition- Meal Prep and Planning Hacks- NSWRL Dietician Peta Carige

As we start to prepare to commencing back to full training it is important to consider how you are going to get back into routine and fuel yourself with appropriate nutrition. It is important before you go to the grocery store to think about the week you have coming up and plan accordingly. Attached is a meal planner to help with this. When planning it is important to consider the following:

1. What are your heaviest training days? These days will require more carbohydrate foods for example wholegrains and cereals, fruit, sandwiches and smoothies.
2. Are there any days that you will be home late? These days will require organisation to meal prep food prior.
3. What foods will fuel your requirements? Again, do you have adequate carbohydrate sources to fuel your training? Protein sources e.g. dairy, meat, beans and eggs to help with muscle growth and repair? Colourful foods; fruits and vegetables to provide important micronutrients?
4. When will you dedicate time to plan your week of meals and snacks out? Remember - nutrition fuels adaptation to training. Here are some meal prep examples:



Prep overnight oats in containers for a quick and nutritious breakfast



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Prep overnight oats in containers for a quick and nutritious breakfast

On days when you have more time, make extra serves of meals to freeze or have ready for late training/work nights



Prep easy snacks that you can have before training e.g. energy balls

Remember the saying... failing to prepare is preparing to fail!



SOCIAL DISTANCE TRAINING SESSIONS



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover cough and sneeze

Rugby League Fitness Based Training 7 fitness sessions (40min-1hr) *NSWRL Player Development manager Colin Sanctuary*



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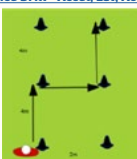

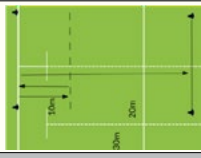
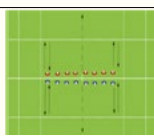
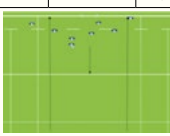
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WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 1 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

		EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1	HAND EYE WORK					
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.				10m	5min
Notes	Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance					
2	WARM UP					
2a (6min)	(1) Walking Lunges over 10m; Return to start with carioca x 2		1	2	20	40
	(2) A-Skips over 15m into Butt kicks on return x 2		1	2	30	60
	(3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2		1	2	30	60
	(4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2		1	2	30	60
	(5) Over 30m an incremental increase in tempo every 10m x 2		1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	Single Leg Supine Bridge and Hold	1	8		
Notes	Players to be individually in 4m ² of space					
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	Counter Movement Jump and Single Leg Land	1	12		
Notes	Players to be individually in 4m ² of space					
3	FOOTWORK					
3a (5min)	Set up 5 poles/cones; Footwork around the poles/cones alternating the one handed grip on the ball (Set up 2 stations)		4	6	5	120
3b (5min)	Dice Drill - Accelerate 4m, Lateral push for 2m, Accelerate 4m (Work from each side of the grid; Set up 2 stations)	Dice Drill - Accel; Lat; Accel 	4	4	8	128
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS					
4a (10min)	20/40/60 Singles (Times below as a guide)		1	3	120	360
	Outside Backs 50sec					
	Adjustables 50sec					
	Back Row and Lock 55sec					
	Hit Up Forwards 59sec					
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	10m Out and Back into 30m Kick Chase in 10s; Rest 20s; RPT in Reverse		2	4	50	400
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME					
5a (10min)	Line Speed into Plays and Support		1	4	120	480
	(1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away)					
	(2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total					
	(3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays					
	(4) Complete series 4 times					
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	Pressure Game (max of 5v5)		1	10	50	500
	(1) 10m in-goal areas					
	(2) 50m (Inclusive of 10m in-goal areas) x 50m					
	(3) 4 Plays and you can kick on the last play					
	(4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.					



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WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 2 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Toss Ball - (1) Toss the ball straight up into the air. COACHING TIP - Hands need to follow through to ensure the ball goes straight up into the air and back into your hands. (2) On catching the ball, rebalance and toss ball into air again.					5min
Notes	Work to be completed individually Players to be spaced every 1.5m					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) Walking Lunges over 10m, Return to start with carioca x 2 (2) A-Skips over 15m into Butt kicks on return x 2 (3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2 (4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2 (5) Over 30m an incremental increase in tempo every 10m x 2		1	2	20	40
			1	2	30	60
			1	2	30	60
			1	2	30	60
			1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Glute Raise on Box x 8 each side	Single Leg Glute Raise on Box	1	8		
Notes	Players to be individually in 4m ² of space					
2c (2min)	Scissor Lunge x 8 each side (16 in total)	Scissor Lunge	1	12		
Notes	Players to be individually in 4m ² of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	S-Runs: Over a 20m distance set out an 'S' shaped course. Alternate sides and sprint on either side of the 'line' of the 'S'. Walk back recovery x 4 efforts (Set up 2 stations)		2	4	20	160
3b (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)		4	4	10	160
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (10min)	20/40/60 Singles (Times below as a guide)		1	4	120	480
	Outside Backs 50sec					
	Adjustables 50sec					
	Back Row and Lock 55sec					
	Hit Up Forwards 59sec					
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	10m/20m 15sec for the work: Run 10m, onto front on the 10m, return to start, run 20m, onto front, return to start (3 Sets x 4 Reps)	10m/20m	3	4	60	720
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times		1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	2 Pass Push and Support Game (max of 5v5) (1) Two handed touch (2) 4 plays (3) Hand ball over after 4 tackles (4) Must have two passes and support inside or out, around the ball carrier. If no support hand ball over to opposition		1	10	40	400
Notes	When completing the work in 5b ensure players use two handed touch					



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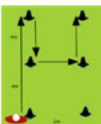
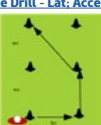

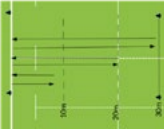
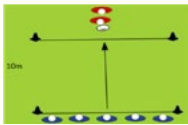
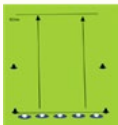
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WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 3 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.					5min
Notes	Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) A-Skips over 10m into 20m Stride (2) Walking Lunges over 10m into 20m Stride (3) Oscillating Sumo Squats over 10m into 20m Stride (4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride (5) 40m in 7s into 13s Rest		1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	Single Leg Supine Bridge and Hold	1	8		
Notes	Players to be individually in 4m ² of space					
2c (2min)	Scissor Lunge x 8 each side (16 in total)	Scissor Lunge	1	12		
Notes	Players to be individually in 4m ² of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Dice Drill - Accelerate 8m, Onto the floor, get up and retreat 4m, Lateral push for 2m, Accelerate 4m (Work from each side of the grid)	Dice Drill - Accel; Floor; Ret; Lat; Accel 	2	4	14	112
3b (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)	Dice Drill - Lat; Accel; Cut 	2	4	10	80
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (10min)	20/40/60 Doubles (Times below as a guide) Outside Backs 1.55 Adjustables 1.55 Back Row and Lock 1.59 Hit Up Forwards 2.00		1	2	240	480
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 2min Work and 2min Rest)					
4b (5min)	10m/20m/30m in 27s into 33s Rest		1	4	120	480
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed (1) In groups of 5 (2) Starting 10m out in standing, on whistle retreat 10m (shorten stride as you approach the defensive line) (3) Come off the line on the PTB x 6 efforts. On 6th effort run through and complete a 50m effort in 8sec. (4) Complete the same 6 efforts and kick chase from the opposite end.	 	1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	Pressure Game (max of 5v5) (1) 10m in-goal areas (2) 50m (Inclusive of 10m in-goal areas) x 50m (3) 4 Plays and you can kick on the last play (4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.		1	10	50	500
Notes	When completing the work in 5b ensure players use two handed touch					



SOCIAL DISTANCE TRAINING SESSIONS



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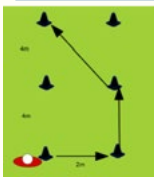
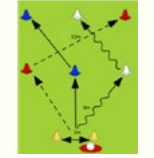
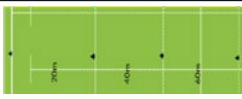

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WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 4 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

		EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1	HAND EYE WORK					
1a (5min)	Toss Ball - (1) Toss the ball straight up into the air. COACHING TIP - Hands need to follow through to ensure the ball goes straight up into the air and back into your hands. (2) On catching the ball, rebalance and toss ball into air again.					5min
Notes	Work to be completed individually Players to be spaced every 1.5m					
2	WARM UP					
2a (6min)	(1) A-Skips over 10m into 20m Stride		1	2	30	60
	(2) Walking Lunges over 10m into 20m Stride		1	2	30	60
	(3) Oscillating Sumo Squats over 10m into 20m Stride		1	2	30	60
	(4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride		1	2	30	60
	(5) 40m in 7s into 13s Rest		1	4	30	120
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Glute Raise on Box x 8 each side	Single Leg Glute Raise on Box	1	8		
Notes	Players to be individually in 4m ² of space					
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	Counter Movement Jump and Single Leg Land	1	12		
Notes	Players to be individually in 4m ² of space					
3	FOOTWORK					
3a (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)	Dice Drill - Lat; Accel; Cut 	4	4	10	160
3b (5min)	Colour cone reaction - Starting with lateral push between Yellow cones (2m apart) react to colour called (Red, White, Blue) NB - Note the two lines of red, white and blue are set 8m from the yellow and 12m from the first line of red, white and blue cones. (Set up 2 stations)		2	4	20	160
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS					
4a (15min)	Complete the 20/40/60's below as a series: 20/40/60 Single 20/40/60 Double 20/40/60 Singles		1 1 1	1 1 2	120 240 120	120 240 240
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	20m/20m/10m: 20sec for the work: Run 20m, turn, return to start, run 20m, turn, return to start, run 10m, turn, return to start (3 Sets x 4 Reps; 20sec work into 40sec rest)	20m/20m/10m	2	4	100	800
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME					
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times		1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	2 Pass Push and Support Game (max of 5v5) (1) Two handed touch (2) 4 plays (3) Hand ball over after 4 tackles (4) Must have two passes and support inside or out, around the ball carrier. If no support hand ball over to opposition		1	10	40	400
Notes	When completing the work in 5b ensure players use two handed touch					



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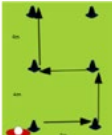
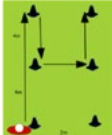
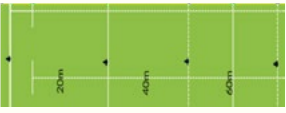



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WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 5 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.					5min
Notes	Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) A-Skips over 10m into 20m Stride (2) Walking Lunges over 10m into 20m Stride (3) Oscillating Sumo Squats over 10m into 20m Stride (4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride (5) 4 steps easy 4 steps fast over 10m into 20m Stride		1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Glute Raise on Box x 8 each side	Single Leg Glute Raise on Box	1	8		
Notes	Players to be individually in 4m ² of space					
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	Counter Movement Jump and Single Leg Land	1	12		
Notes	Players to be individually in 4m ² of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Lateral 2m, Accelerate 4m (Work from each side of the grid); Set up 2 stations)		4	4	10	160
3b (5min)	Dice Drill - Accel 8m, Go on to Front, Retreat 4m, Lateral Push 2m, Accelerate 4m (Work from each side of the grid) - COACHING TIP Focus on speed off the floor (Set up 2 stations)	Dice Drill - Accel; Floor; Ret; Accel 	2	4	20	160
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (15min)	Complete the 20/40/60's below as a series:					
	20/40/60 Single		1	1	120	120
	20/40/60 Double		1	1	240	240
	20/40/60 Singles		1	2	120	240
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	40m Pass and Reload (Work in pairs with groups 5m apart)		2	4	40	320
Notes	When completing the work in 4b ensure groups are spaced 5m apart.					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times	 	1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	Pressure Game (max of 5v5) (1) 10m in-goal areas (2) 50m (Inclusive of 10m in-goal areas) x 50m (3) 4 Plays and you can kick on the last play (4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.		1	10	50	500
Notes	When completing the work in 5b ensure players use two handed touch					



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WELLBEING RESOURCES

Mental Performance- Stay Calm, NSWRL Psychologist Steve Johnson

Sometimes it's hard to stay calm because of stress. But if someone asked you to explain **Stress** what would you say?

Would you say it's.....

- something that your body experiences?
- Something your mind experiences?
- Something that your feel?
- Or would you say that it's all of the above?

If you said "all of the above" you are definitely on the right track.

Because the latest science tells us that while the brain is the primary organ for co-ordinating a stress response, there is overwhelming evidence that stress impacts us biologically, psychologically, emotionally and socially.

But it's important to remember there are different types of stress, some positive and some negative.

Positive Stress

- Exhilaration from a challenge that has a satisfying outcome
- Having a sense of mastery and control over the things we do in our life
- Having good self-esteem and positive self-regard

Tolerable Stress

- Where we experience adverse life events but have good social and emotional support
- Where we are able to maintain a sense of mastery and control over the things we do in our life
- Maintaining good self-esteem and positive self-regard

Toxic Stress

- Where we lack a of sense of control over the things we do in our life
- Where we experience poor social and emotional support
- *Compromised brain architecture due to early life adversity*
- *Context-sensitive genotype makes it worse*

Another way to think about stress is as a load.

In some cases, we have a capacity to carry the load with a smile when the stress caused by something or someone that's important to us.

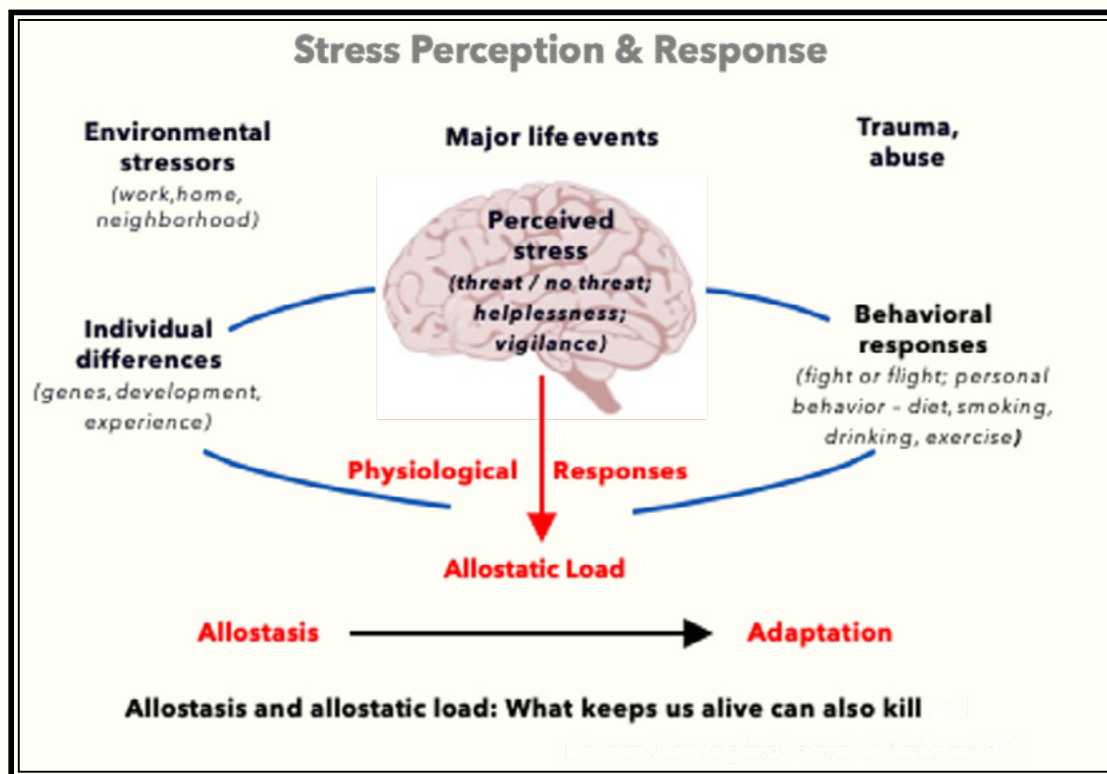
In other cases, we can carry the load for a period of time knowing it won't be forever.



RETURN TO PLAY

WELLBEING RESOURCES

In some cases, the load gets the better of us because it's too intense or goes on for too long. When the load gets too much, or goes on for too long, we can get sick or worse we can get a disease.



What's important to remember in all cases is that our brain and then our bodies produces a response to stress. Some of these responses are neurological, some chemical and some are physical.

Keeping Calm During Times of Stress

There are different strategies for keeping calm and there is no one best way. The best way is the way that work for you.

Try some of the calming strategies from this menu and see what works best for you. If it works keep doing it, if it doesn't discard it and try another, until you find a few that do work. Then keep using those.



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WELLBEING RESOURCES

Top Down Strategies

1. **Positive reframing** - reframe your challenges in a positive light by focusing on learning & growth opportunities and the benefits of taking action
2. **Acceptance of your experience** – intentionally accept that emotional reactions are like the weather and you don't have to react to each one
3. **Values-based goal setting** – setting goals that are in line with your personal values (your True North)
4. **Finding gratitude** – take the time to find moments of gratitude and write gratitude letters to the people who have made a difference in your life
5. **A rumination-counter strategy** – when we ruminate, we get fixated on a single problem or idea which can send us on a downward spiral. Notice when rumination begins & make the choice to listen to a "positive advisor".

Bottom Up Strategies

1. **Mindful breathing** – use breathing techniques to ground yourself in moments of stress
2. **Meditation** – See the Smiling Mind or the CALM apps for instructions for beginners
3. **Daily physical activity** – just get moving; walk, run, cycle, swim, go to the gym, play footy (elevate heart rate and breathing leading to perspiration)
4. **Nourishing food & drink** – the more whole foods & fruit/vegetables, the better. Limit alcohol, processed food and sugar intake
5. **Quality sleep** – 7.5 to 9 hours every night

Inside Out Strategies

1. **Stay connected & nurture important relationships** – by both image & sound
2. **Practice compassion** – use your skills to find ways to help others (friends, family, neighbours, community)
3. **Nature bathing** – where possible, connect with nature
4. **Choose information & sources mindfully** – and limit exposure
5. **Share optimism** – an optimistic outlook is infectious and uplifting



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WELLBEING RESOURCES

Mindfulness- Mindful Walking activity- NSWRL Wellbeing & Education Manager Holly Fuda

Take regular breaks from work, news, phone calls and family demands. Your mind needs rest and time to reboot to reduce anxiety and stress; You will benefit from 'switching off'. Taking some time each day to do something that allows your mind to relax is good for your mental health.

Mindfulness refers to a particular way of being in the present moment. Mindfulness is characterised by three key qualities:

1. Living in the moment
2. Acknowledging and accepting things as they are
3. Being kind to yourself

A person who is in a mindful state of mind is open, aware, accepting and curious about their inner experiences, such as thoughts, emotions, and sensations, as well as the environment around them. The idea behind practising mindfulness is that you become much less caught up in habitual ways of thinking, feeling, and acting.

You will learn to:

- Notice and get unstuck from unhelpful thoughts.
- Notice, acknowledge, and let go of any tension in your body.
- Notice and disengage from unhelpful behaviours and habits.

Mindful Walking:

We invite you now to participate in an exercise that will help you experience being mindful and curious about your senses during a routine activity - walking. Walking is something we all do daily, but often we do this in auto-pilot mode.

Go for a walk around the block and think about three things you can see, three things you can hear, and three things you feel. Write them in your "Notes" in your phone.

Reflection: Take a few moments to reflect on what this experience was like for you. Did you enjoy noticing a puppy walking across the road? Do you feel grateful that you can go for a walk around the block? Can I remember the things I heard?

Write your reflections in your phone.

Many people find it a little odd at first or find it difficult to slow down and keep focus on this exercise. That is absolutely, normal and with practice you will find it easier to bring your attention back to your experience.

Repeat the exercise without the question prompts, and see if you can notice the difference between walking with awareness in a mindful and present way, and compare this to walking in a more mindless, habitual way.



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WELLBEING RESOURCES

These are some activities to do mindfully:

1. Brushing your teeth
2. Showering
3. Tying up shoelaces
4. Making a cup of tea/coffee
5. Putting on moisturiser/shaving
6. Washing your hair
7. Walking barefoot
8. Eating

Important points to remember about mindfulness:

Mindfulness IS NOT:

- A way to 'zone out' or distract yourself from reality
- A relaxation strategy
- A supernatural state
- Dangerous or mysterious
- Way to avoid facing and dealing with problems
- A quick fix or a magical solution to difficulties

Mindfulness IS:

- An open, aware, and curious state of mind
- A skill learnt through regular practice
- A particular kind of attention and awareness
- A different way of relating to your difficulties and problems
- A way of being present and engaged in all aspects of your life

"It is so easy to overestimate the importance of one defining moment, and underestimate the value of making small improvements on a daily basis"- James Clear (Atomic Habits)