

HOW TO SHOW UP FOR YOU



ATHLETES MENTAL
HEALTH FOUNDATION



How mental health and physical health differ is that you can get an X-Ray and clearly see a broken bone.

Mental health needs and symptoms often present differently for each person. It is imperative that you learn your cues and needs.



BELOW IS A LIST OF QUESTIONS TO LEARN HOW MENTAL HEALTH NEEDS SHOW UP FOR YOU.

1. What am I feeling? This may seem like a basic question but we often avoid asking ourselves because to truly answer can be difficult.
2. How does my body tell me what I am feeling? Think about if your shoulders get tight, your stomach gets twisted, you get more irritable- if you are nervous or worried.
3. When do I feel most aligned to my true self?
4. What behaviors do I endorse when I am not aligned to my true self?
5. How do I respond in X (plug in scenario)?
6. What does confidence feel like?
7. What is the first sign I am starting to not feel my best?
8. What is the emotion or feeling that I am most scared of or least comfortable with?
9. What do my thoughts tell me when I am feeling overwhelmed?
10. How do others know that I am not doing okay? What are the signs on the outside?