



21

DAY

RESILIENCE

JOURNAL

STATE
OF MIND





THIS IS THE
RESILIENCE
JOURNAL OF:

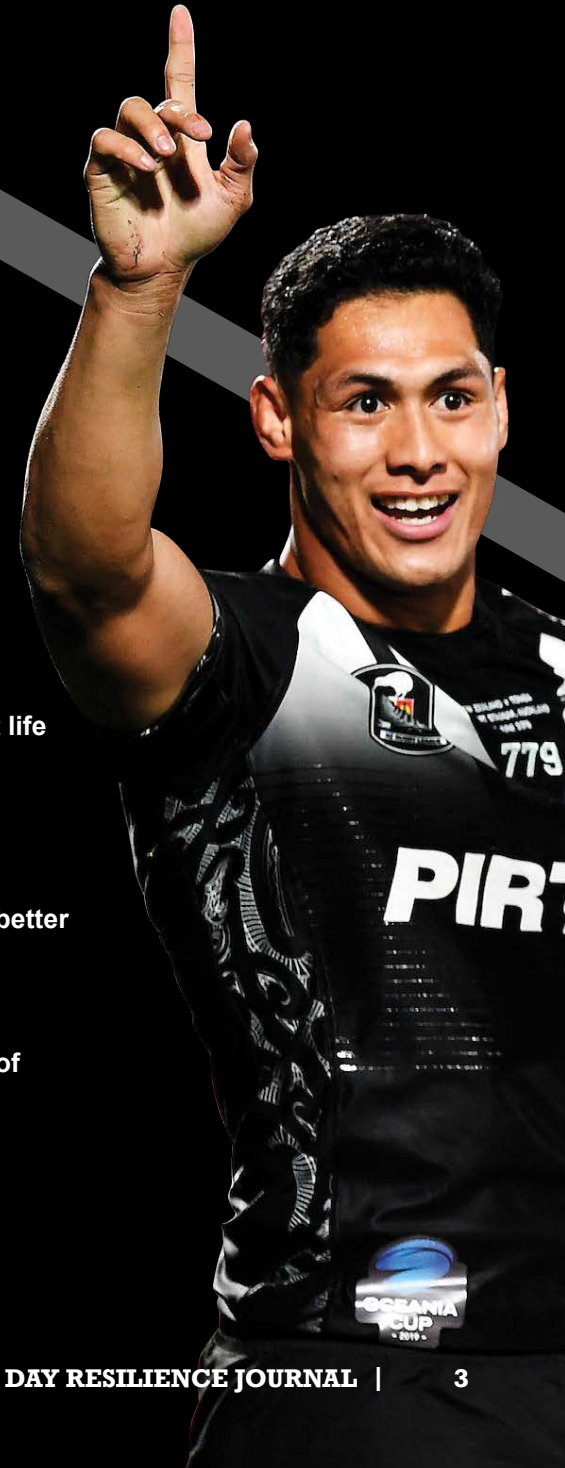
The New Zealand Rugby League acknowledges the importance of wellbeing when it comes to our players, staff, volunteers and our wonderful rugby league communities. This journal is an opportunity to express empathy, mindfulness and gratitude – three key pillars that support the importance of resilience in our everyday lives on and off the field.



Research tells us that some of the things that will start to happen for you when you complete these daily tasks are:

- › You will be less likely to get sick
- › Feel happy more often
- › Feel more positive about life
- › Be more alert
- › Be more enthusiastic
- › Feel more determined
- › Be able to pay attention better
- › Have more energy
- › Sleep better
- › Experience lower levels of depression and anxiety

(University of Massachusetts)



DAY 01

- › A bucket list is a list of things you wish to achieve or do in your life. Try writing a reverse bucket list. This is a list of things that you have already achieved that you are really proud of.

Don't be humble here!



DAY 02

- › What was the highlight of your day?
E.g. getting a car park outside supermarket, passing an exam

- › Write about a family member that you are grateful for.

DAY 03

What do you think you will enjoy the most about the next 12 months?

DAY 04

➤ A strength is a positive quality you have.
What strengths do you have as a person? Make a list below.

e.g. Great sense of humour

When you concentrate on your strengths there is a benefit to your resilience. To take a survey to find out more about yourself and your strengths visit -

viacharacter.org

DAY 05

- Tell a member of your club/workplace or school that you are really grateful for all that they do behind the scenes or for their support.
- Who did you choose and why did you choose them?

DAY 06

- What you study, the sport you play or what you do for work is one way to define who you are. What other roles do you play in your family, school, workplace or community?

- Complete the table below:

I am a Rugby League Player

I am a caring older sibling

I am a ...

I am a ...

I am a ...

I am a ...



DAY 07

- › Arrange something special for a family member or friend. Have a think about a way that you could let them know how grateful you are for their support. It could be something simple like a nice message, or it could take a bit more effort like cooking them dinner or tidying up their garden for them.
- › How does doing nice things for people make you feel?



WELL DONE

On completing the first week of your journal!

Keep up the good work!

DOWNLOAD SMILING MIND APP



Find the Smiling Mind app,
download it and create
a login today!



WHAT IS SMILING MIND?

Smiling Mind is modern meditation for young people. It is a unique web and app-based program, designed to help bring balance to young lives.

It is a non-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.



DAY 08

- > Write a list of 5 people that you have met that have made a big impact on your life. If you feel comfortable, you could let them all know they were on the list.

DAY 09

- Write about ONE of the 5 people who made a big impact on your life and why you are grateful for them.

- How are you able to help others?

DAY 10

Smiling Mind Meditation

1. Login to **Smiling Mind**
2. Click on All programs and select your age group.
3. Scroll through the available options and select a meditation to try.
4. Complete the meditation.

- How did you feel before the mindfulness activity?

- How did you feel after being mindful?

DAY 11

- Send a message to a childhood friend. Reach out just to see how they are going. You may not have seen them in a while or you could still be in regular contact.

- Who was the friend? Why did you choose this person?

DAY 12

- There are always setbacks on the journey to achieving our dreams. In order to stay on track and reach our potential we need to practice being resilient. Resilience is the process of adapting well in the face of adversity, trauma, or even a significant source of stress.

In a Rugby League game players get tackled to the ground when trying to progress down the field towards the try line. The important thing is that the player gets up again and continues playing in the game. This is resilience in action.

- What are some things you can do to be resilient when life has tackled you?

eg. exercise with a friend	

DAY 13

➤ What do you love doing the most away from study and/or work?

DAY 14

> Random Act of Kindness

Today you are to complete a random act of kindness. It could mean holding the door open for someone as they struggle with their bags, it could be shouting a stranger their coffee in a cafe or offering to put away someone's trolley for them at the supermarket. You need to walk around today looking for the chance to do something to help someone in their day.

➤ What did you do for your random act of kindness?



TWO WEEKS DOWN!

WHAT A LEGEND!

Carry on that momentum into the final week

THE **KIWI** WAY

DAY 15

- › Open your phone or photo album and find a photo that you like. Why are you grateful for this photo?

- › What's an accomplishment that you are proud of?

DAY 16

- › Which is your favourite NRL club?
Which player represents what the club is all about, and why?



DAY 17

- 1. Log back into the Smiling Mind.
- 2. Explore the app.

You can choose to repeat the meditation from Day 10 or you can try a different one. **Remember some of the high profile NRL players are utilising this app to increase focus, manage their anxiety and to get a better night's sleep.**

- Which meditation did you use?

- How did you feel after completing this meditation?

DAY 18

- Complete the table below.

For each box identify something positive you have learnt about yourself in the last twelve months?

RELATIONSHIPS WITH FAMILY OR FRIENDS


AS A STUDENT OR AN EMPLOYEE

CULTURALLY OR SPIRITUALLY

DAY 19

- Tell someone you love them and mean it! Whether it's a text message, to their face or even via an Instagram DM. Make sure you tell them why you love them.

- How did it feel to complete this task?

A person with dark hair tied back, wearing a red and white striped polo shirt, is shown from the side, looking towards the right. The shirt has a circular logo on the sleeve that says "SANTO DOMINGO". The background is a solid light blue.


DAY 20

- Think of a child in your life that you would like to have a positive influence on. They could be a younger sibling, cousin or a child you know from your community. Select an activity they like to do and spend some quality time with them doing it.

Don't forget to ask their parent or guardian first!

Some ideas could be taking them to the park to kick a footy around, building a fort in the backyard, shouting them to the movies or teaching them a new skill like playing the guitar.

- > Who did you choose?



> How did the child react to you spending time with them?

- How did the child react to you spending time with them?

10 TIPS FOR

Mental Wellness



1. REGULAR EXERCISE

Keeping your body active and physically strong provides benefits for your mental wellbeing as it plays a role in reducing and preventing stress. Exercise does not have to consist of a workout at the gym. Alternatives may include: a walk, a bike ride, work in the garden, stretching, yoga or light weights.



2. HEALTHY EATING

Ensuring that we have a balanced diet and are getting the right nutrients to fuel our body supports our central nervous system and improves overall health. Choose foods that sustain your energy throughout the day and avoid foods high in processed sugar.



3. GET PLENTY OF SLEEP

It's important to get a good night's sleep. It is recommended that adults get eight hours of uninterrupted, good quality sleep. Sleep is a universal prerequisite to health and happiness. If you are experiencing problems with sleeping you should seek help. There are all kinds of simple strategies to help you sleep better.



4. MAKE TIME FOR FUN

Make time for leisure activities that bring you joy, whether it be reading, watching a movie, connecting with others or taking a bath. Your body needs time to take a break from your responsibilities and recharge.



5. AVOID ALCOHOL, CIGARETTES & DRUGS

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to 'self-medicate' but in reality, alcohol and other drugs only aggravate problems.

6. LAUGH

Nothing makes you feel better about yourself or the world around you than a good laugh. It's a great medicine, especially if you can learn to laugh at yourself. Laughter can be very therapeutic so try to incorporate laughter into your day.

7. CARE FOR OTHERS

Doing things for others is a great tonic when you're feeling down. Helping a friend, family or a community organisation can make you feel included and empowered. Caring for others also helps to develop perspective and realise we are not alone.

8. TAKE THINGS ONE AT A TIME

It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Make yourself take a break.

9. BUILD A STRONG SUPPORT SYSTEM

Surround yourself with positive people, avoid people or situations that drain your energy. Ensure that your support team offers unconditional love. Network with others who are motivated and aligned with your passions and purpose, and contribute genuinely to the group effort.

10. PRACTICE GRATITUDE

Having an appreciation for what you do have instead of focusing on what you don't have is a very important part for your mental wellbeing. Choosing to focus on the things that are going well or the things you are grateful for can really improve your outlook on life. Some of the small things that you can be grateful for are friends, family, having shelter or access to education.



DAY 21

Write a thank you letter. Who is someone that you would like to thank for the impact they have had on your life? It could be from your childhood or it could be someone more recently. It's important that it is genuine and heartfelt.

Give them the letter in person, email it to them or send it in the post!

➤ How did you feel writing a letter of thanks?

AWESOME WORK CHAMP!

YOU HAVE COMPLETED THE 21 DAYS



Continue to include gratitude, empathy and mindfulness in your everyday life

New Zealand Mental Health Services

YOUTHLINE 0800 376 633

DEPRESSION HELPLINE 0800 111 757 or free text 4202

THE LOWDOWN free text 5626

1737

NEED TO TALK?

Free call or text **1737** any time, 24 hours a day.

NRL Mental Health Partners



**Black Dog
Institute**

BLACK DOG INSTITUTE

☎ +61 2 9382 4530

blackdoginstitute.org.au



headspace
National Youth Mental Health Foundation

HEADSPACE

headspace.org.au



LIFELINE
AOTEAROA

LIFELINE AOTEAROA

☎ 0800 LIFELINE

(0800 543 353)

www.lifeline.org.nz



0800kidsline
It helps to talk

KIDS LINE

☎ 0800 543 754

www.kidsline.org.nz



LeVa

LE VA

leva.co.nz



**THE
RESILIENCE
PROJECT**

THE RESILIENCE PROJECT

www.theresilienceproject.com.au



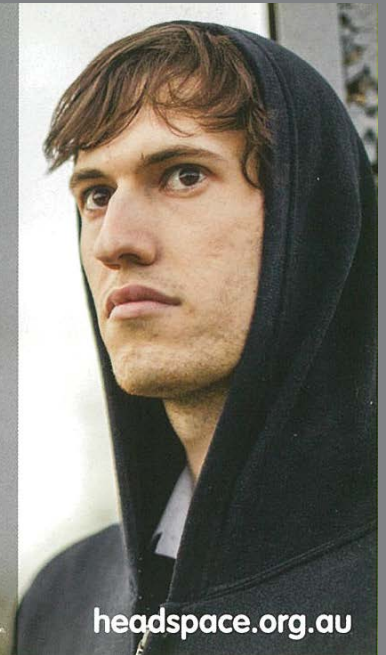
headspace
National Youth Mental Health Foundation

**headspace can help young
people 12 - 25 with:**

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

For further information, to find your nearest
headspace centre or for online and telephone
support, visit headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.



headspace.org.au



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Igniting communities.
creating change



**STATE
OF MIND**



For more information visit -

nrl.com/stateofmind

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