

Health and Wellbeing: Connect

At Swansea City AFC, it's really important that we help our players perform to their full potential every time they step onto the pitch. One of the ways we can do that is to help them have positive health and wellbeing.

But positive health and wellbeing is not just for footballers, it's really important for you too, especially during this current Corona Virus crisis.

To know how to stay well, we need to think about all the things we can do that help us towards that aim and maximise those, and then identify and minimise things that make our lives more difficult.

Use the table below to start that process and then have a go at our weekly challenge!

What do you do if you feel like you need to release some of the emotions running around in your head?	
Who do you enjoy connecting with?	
What distracts you?	
What do you enjoy doing for others?	
When you learn something new, how does it make you feel?	
How often are you physically active, and how does it make you feel?	
What things have a negative effect on the way that you feel?	
What do you do to help you feel good about yourself?	

Connect Challenge

People who are socially connected to others have been demonstrated to have improved physical health and psychological wellbeing, with lower rates of anxiety and depression.

When we are socially distancing and spending most of our time at home, it can be difficult to connect with others. **This week see if you can find a creative way to connect with one of the people you mentioned in the task.**

You could do this with someone in your house, sharing some screen-free time, having a coffee and a chat together, playing a game or completing an online challenge. You could do it by writing a letter or sending a picture. You could also video call one of your friends you haven't seen in a while. Get creative!

Share your connection moments by uploading a picture on Twitter and tagging @swanscommunity and #PLInspires.



What is meant by the term health? Health is a person's physical and mental condition. Being healthy is being free from illness or injury.

What is Wellbeing? Wellbeing is the state of being comfortable, mentally healthy and happy.

Health and well-being together, can be described as an individual being both physically and mentally well and being able to maintain it.