

## Health and Wellbeing: Distract

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.

With us all having to socially distance ourselves from others, being out of a routine and having to work in a completely different way than we are used to, there are several different things that can distract us from our normal way of living.

### Distract Challenge

As you aren't in a normal school routine, you are more likely to go on your mobile phone and online gaming more than usual. Being distracted consistently by technology can cause the inability to focus properly and can have a massive impact on achieving your daily goals or work. Falling behind on these things can cause us to feel anxious.

It is important to have regular connections with our friends and family as this is known to improve physical health and psychological wellbeing, especially when we are having to socially distance ourselves from them. However, when you have daily tasks to complete, such as schoolwork, you should make sure that your personal devices or online gaming do not stop you from achieving your daily goals.



Think about the last few weeks that you've been off school, you have had more time to yourself and possibly been more distracted than you would be at school.

Can you think of 3 things that could distract you from achieving your daily goals?

1. ....
2. ....
3. ....

If you have been more distracted than normal, what impact do you feel this has had on your health and wellbeing?

It is important to understand how being distracted can have an impact on us in a number of different ways, however taking control of distractions can reduce our levels of stress and anxiety. Perhaps the easiest thing to take control of is our screen time

**This week see if you can reduce your screen time by 10% or more and use the time to complete your daily goals, spend more time with your family or to take part in an online challenge.**

Take a screenshot of your screen time on your phone when you start the challenge, and then again at the end of the week to see how you have done.

Share your reduced screen time percentage and how you spent that extra time by uploading a picture on Twitter and tagging @swanscommunity and #PLInspires.

### Top Three Tips for Reducing Screen Time

**1. Eat your meals without a screen**

*Be present with your family when you eat. Put your phone in a different room and enjoy the time together*

**2. Leave your phone in a different room when you go to bed.**

*The blue light phones give off make it harder to go to sleep and disrupt sleep patterns. Get it out of the bedroom. Also you won't be tempted to reply to any late-night notifications.*

**3. Switch off notifications**

*This is the big one- without that 'ping' grabbing for your attention, it's easier to leave your phone alone.*

**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.