

Health and Wellbeing: Grateful

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.

One thing that is proven to help us stay positive and improve our mental health is to take the time to notice and be grateful for all the good things in our lives, big and small.

To help us maintain that positive attitude we have a go at gratitude practices that don't take long but can make an amazing difference our mindset. To get started have a go at answering these questions:

I'm grateful for three things I hear	
I'm grateful for three things I see	
I'm grateful for three things I smell	
I'm grateful for three things I touch/feel	
I'm grateful for three things I taste	
I'm grateful for three family members	
I'm grateful for three friends	

Mindful Challenge

When we are socially distancing and spending most of our time at home, it can be easy to fall into a rut, get overwhelmed with the constant COVID 19 news and feel like there is nothing to be glad about at all. **This week see if you can keep a gratitude journal, noting all the positive things in your life that bring you joy.** At the end of the week you can look back on it and see that maybe things aren't so bad after all!

You could do this using a note on your phone, an app or online blog, create a Pinterest gratitude board with lots pictures you've taken, or you could even get old school and use a notepad and pen. Get creative! At the end of every day just list down all the things you are grateful for, big or small. It's that simple!

Share something you are grateful for this week 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.