



SHIFT YOUR MIND

Reclaiming Your Balance
and Energy

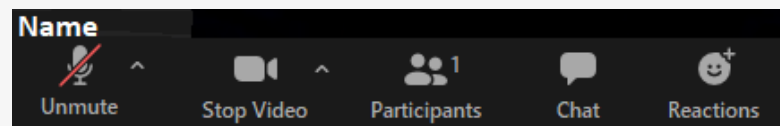


In Partnership with:



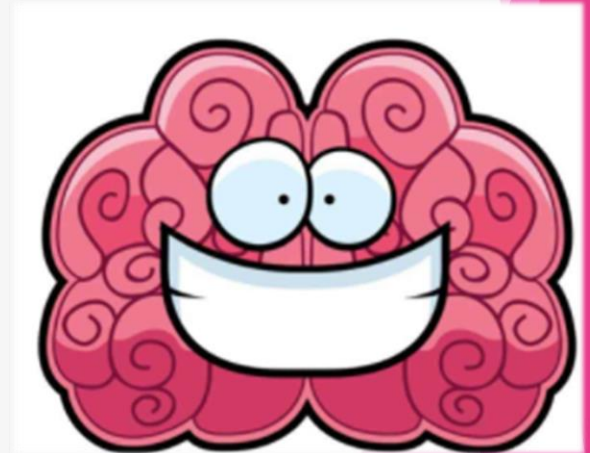
Welcome

- ▶ Welcome to the Shift Your Mind workshop
- ▶ This session is held in association with BC Women's Health Foundation.
- ▶ Content is developed in partnership with the Canadian Mental Health Association and sponsored by Shopper's Drug-Mart.
- ▶ Participation encouraged to gain the most benefit.

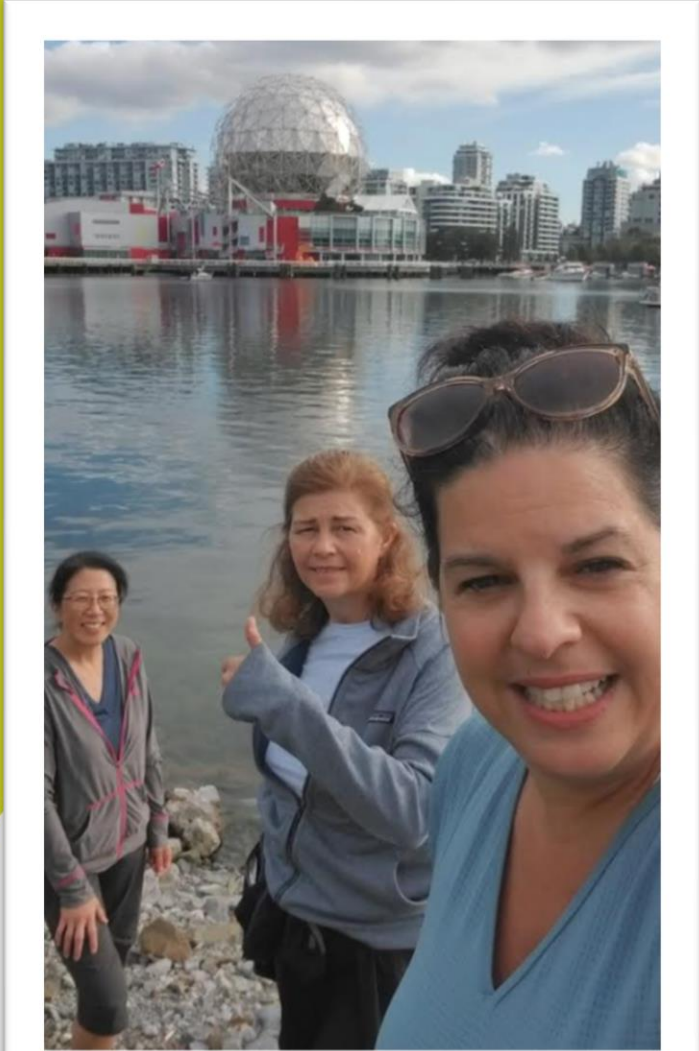


WORKSHOP OBJECTIVE

- ▶ Provide a forum to share and discuss Mental Health topics and to find ways to put some of the tips into practice more easily.
- ▶ Helping people get back to exercise and back on court.
- ▶ Mental Fitness is about feeling positive, strong, connected and ready to return to sport.
- ▶ Exercise improves mood and serotonin levels.
- ▶ Health topics covered today:
 - ❑ Motivation and Goal Setting
 - ❑ Connection and Kindness
 - ❑ Managing What you can Control
 - ❑ Resilience
 - ❑ Acceptance into Action
 - ❑ Mindfulness and a Change of Perspective



Connection



CURRENT REALITY

- ▶ Challenge of physical distancing, separation, anxiety
- ▶ How to find the balance between work, fun, family, and exercise.
 - May seem like there is never a break between all of these elements

MOTIVATION AND GOAL SETTING

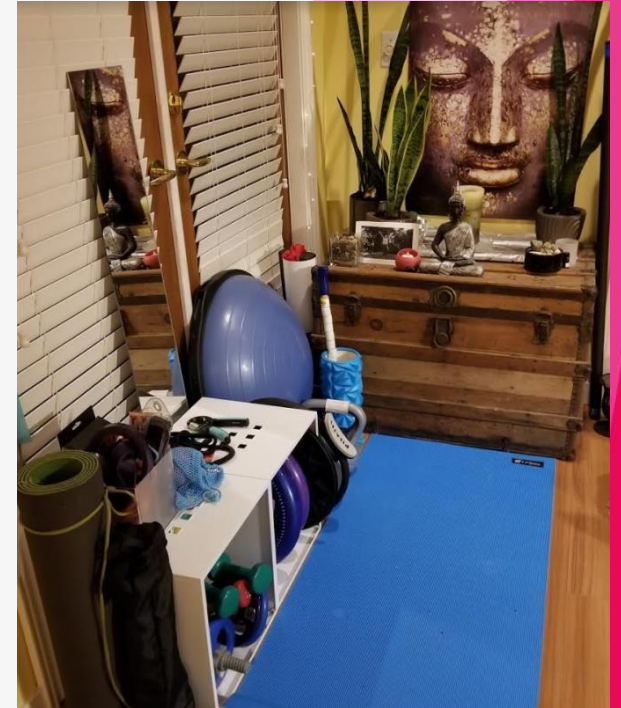
- Discover tools to help keep you motivated in sticking with your new daily routine and responsibilities.

DISCUSSION QUESTIONS

- *Have you found it difficult to stay motivated?*
- *What barriers have made it more difficult to stay motivated?*

HOW TO STAY MOTIVATED

- ▶ Set small achievable goals daily
- ▶ Create a dedicated space for your work and your workout
- ▶ Message a friend before your physical activity to help motivate them!
- ▶ Use positive self-talk!
 - I can achieve any goal I set for myself!
 - I treat every day as a new challenge to improve myself in some way!



CONNECTION AND KINDNESS

- ▶ While practicing social distancing, recognize that human connection is still important to help us manage our mental health.
- ▶ Kindness can have a significant impact on your own mental health.
- ▶ Learning how to stay connected while being physically apart.

DISCUSSION QUESTIONS

- ▶ *What have you missed while being distanced from colleagues, friends, and family?*
- ▶ What are simple ways to help support each other and keep our community strong?

IMPORTANT POINTS

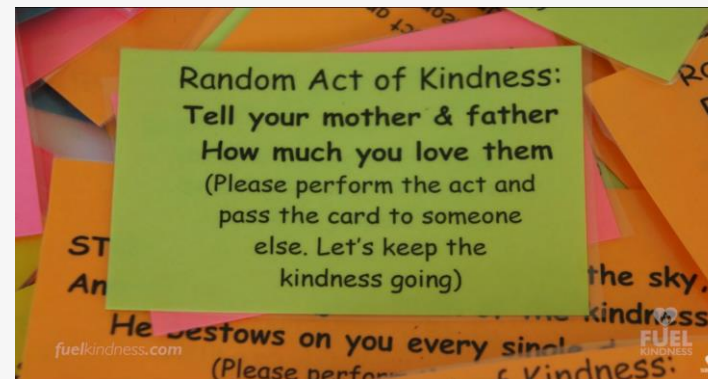
- ▶ Remind yourself that we can manage this better together.
- ▶ Know that you are not alone.
- ▶ Expressions of kindness actually provides you with a physiological benefit.

VIDEO

The Science of Kindness



TED Talk - Kindness - Orly Wahba



MANAGING WHAT WE CAN



IMPORTANT POINTS

- ▶ Ensure you are getting your COVID-19 updates from reliable sources (CDC, WHO).
- ▶ Take breaks from media.
- ▶ Focus on what you **can** control.

BECOMING RESILIENT

Understanding the traits and habits that make people more resilient.

RESILIENCE (Definition):

An ability to recover from or adjust easily to misfortune or change.

VIDEO (synopsis):

The Three Secrets of Resilient People

Resiliency expert Dr. Lucy Hone

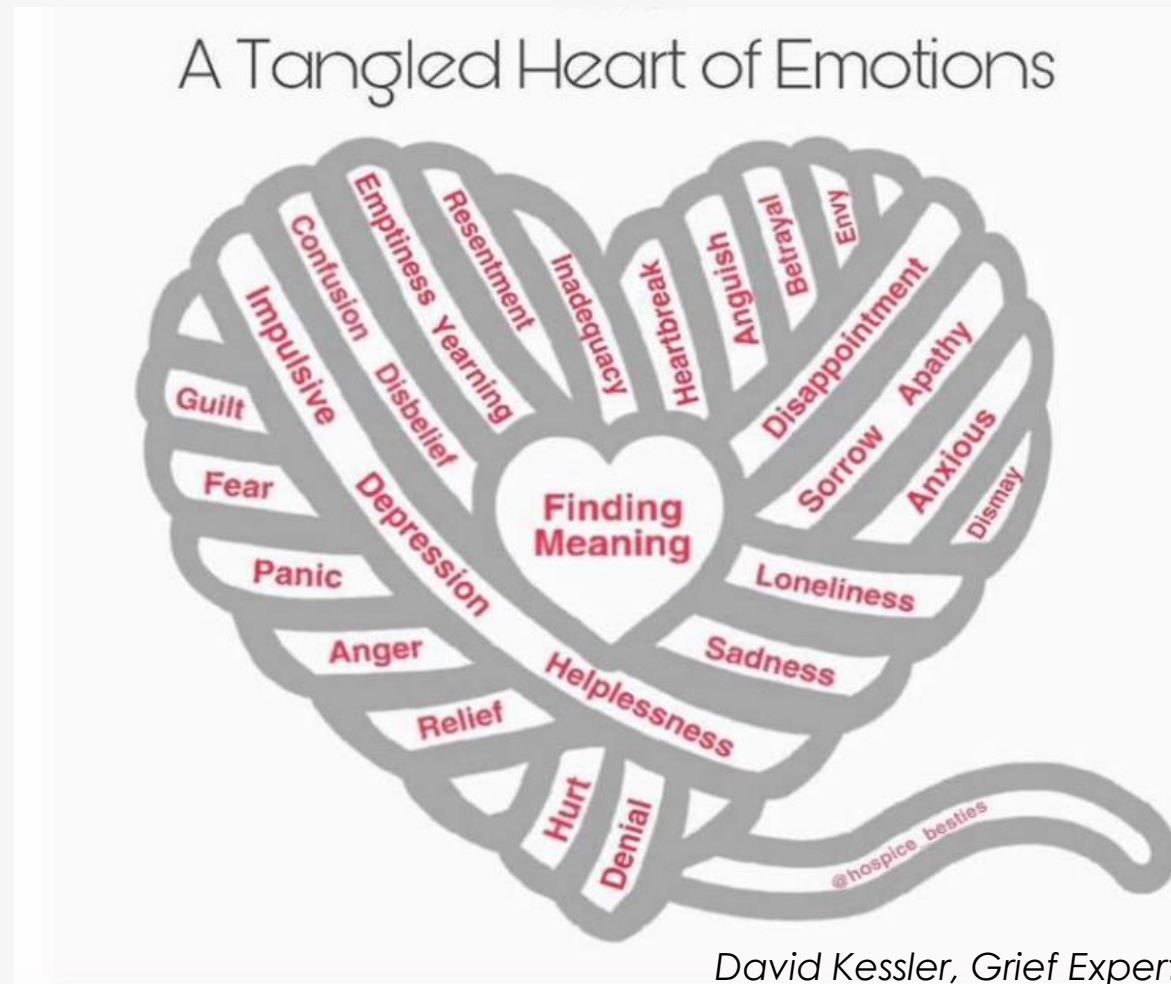


THE 3 CHARACTERISTICS OF A RESILIENT PERSON

1. Understanding that stuff happens!
2. The ability to understand what is important
3. Resilient people choose to appreciate the good elements of life
 - ▶ Is what I am doing helping or harming me?
 - ▶ Be kind to yourself, do not be hard on yourself or your feelings.

TURNING ACCEPTION INTO ACTION

- ▶ If we can name what we are feeling, perhaps we can accept it and grow from it.



TIPS FOR MANAGING HOW YOU ARE FEELING

1. **Journal every morning** and reflect on how you are feeling.
2. **Remove yourself from screens** to work on your breathing.
3. Do some guided meditation to help relax you:
[Headspace](#) Free 10-minute guided meditation.
[Mindful](#) Free 10-minute guided meditation.

ACTIVITY & MOOD JOURNAL

WEEK 1			
SESSION	ACTIVITY MIN	HOW I FELT BEFORE BEING ACTIVE	HOW I FELT AFTER

WEEK 2			
SESSION	ACTIVITY MIN	HOW I FELT BEFORE BEING ACTIVE	HOW I FELT AFTER

MINDFULNESS AND A CHANGING PERSEPECTIVE

Understanding that mindfulness can help reduce stress and anxiety, and be done anywhere.

MINDFULNESS (DEFINITION)

- ▶ Mindfulness is the basic human ability to be **fully present**, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what is going on around us
 - ▶ *What are some methods you use to become present?*
 - ▶ *When can it be helpful to be mindful?*

MINDFULNESS TIPS

- ▶ Set aside time
- ▶ Observe the present moment **as is**
- ▶ Be kind to your wandering mind
- ▶ Let judgements roll by

VIDEO (Andy Puddicombe from Headspace)

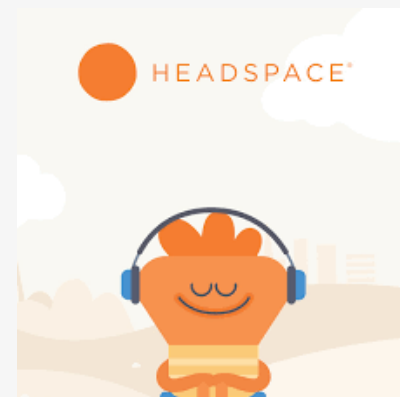
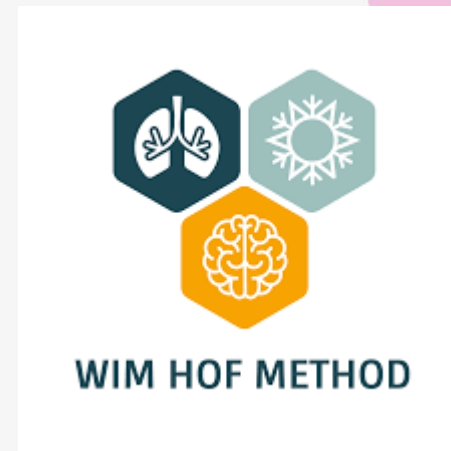
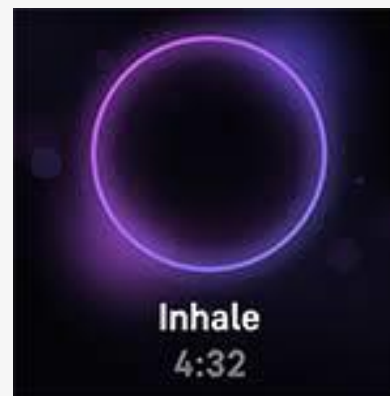
➤ Headspace | Meditation | Changing Perspective



DISCUSSION QUESTIONS

- ▶ *What are the tools that we've learned that help you to observe and manage your feelings?*

Some Additional Tools & Resources



THE 10-WEEK CHALLENGE Pick **one or more** of the following:

- ▶ Create a workout space for yourself
- ▶ Set a goal:
 - ▶ Do a workout or run/walk three times a week
 - ▶ Schedule a regular physical activity with a friend
- ▶ Keep track or notice feelings after each workout
 - ▶ Use the activity and mood journal
- ▶ Build meditation into your weekly routine.
 - ▶ Mindfulness and/or breathing technique apps
- ▶ Motivate each other
 - ▶ Stay connected and be kind

RESOURCES

▶ **VIDEO:**

The Science of Kindness

<https://www.youtube.com/watch?v=FA1qgXovaxU>

▶ **TED Talk – Kindness (cards)– Orly Wahba**

https://www.youtube.com/watch?v=yn9VxUPIC5g&feature=emb_rel_pause

The Three Secrets of Resilient People

<https://www.youtube.com/watch?v=NWH8N-BvhAw&feature=youtu.be>

Headspace 10-minute meditation for calm

<https://www.headspace.com/meditation/10-minute-meditation>

Calm 10-minute meditation for focus

<https://www.mindful.org/a-10-minute-meditation-for-focussing-the-mind/>

Headspace | Meditation | Changing Perspective

<https://www.youtube.com/watch?v=iN6g2mr0p3Q>

▶ **IMAGE:** What I can Control (Stephanie Shirriff from RunForWomen)

▶ **APPS:** Headspace - Calm - WimHof Method

▶ **Activity Journal** <http://www.squashbc.com/w/play-squash/women-in-squash/womens-squash-week>

▶ **SquashBC COVID-19 Page** <http://www.squashbc.com/w/COVID-19>

Thank you for joining us on this 10 week Challenge! #WSW2020BC #SheCanSquash



REGISTER NOW TO GET FREE ACCESS TO PREMIUM VIRTUAL EVENTS!

● **OCT 25**

She'll Make The Call - A Squash Rules Clinic for Women with Penny Glover

● **NOV 3**

Shift Your Mindset - Workshop with Natasha Doucas

● **NOV 17**

Building a Welcoming & Safe Environment to Attract and Retain Females in Squash - Panel Session

SIGN UP AT: SQUASHBC.COM

Follow link to WSW 10 week challenge!

SQUASH BC PRESENTS



BC WOMEN'S SQUASH 10 WEEK CHALLENGE

SEPTEMBER 21 - NOVEMBER 30, 2020

- **Women's Squash Week (WSW)** is a province-wide special event for girls and women to try the #1 healthiest sport in the world, and to encourage those who have taken a break to get back on court!
- **This year Squash BC is presenting a 10 week challenge** to help females get mentally and physically prepared to return to court and playing squash!
- In addition to the three premier events, Squash BC will also be sharing online videos of drills, safety guidelines, information on how to avoid injury and more...

Keep up to date by checking the Squash BC website at:
www.squashbc.com

Follow the progress and action on social media:
#WSW2020BC

