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| **Award name: Education Through Cashback \*non-accredited\*** |
| **Module 5 : Mental Health and Wellbeing in Sport** |
| This interactive workshop provides both young people (16+) and adults an opportunity to explore mental health and wellbeing within a sporting context.  Being physically active is proven to have a positive impact on our mental health and wellbeing. However, it is still essential that we promote environments which are conscious to potential impacts on an individual’s mental wellbeing and create supportive spaces which enable mental health and wellbeing conversation to happen. This module will explore the signs and symptoms of someone struggling with poor mental health and provide practical tools to create a safe space in which to have mental health and wellbeing conversations. |
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| **Learning Outcomes** |
| 1.1 Understand what mental health and wellbeing means to you |
| 1.2 Discover why mental health and wellbeing is important in sport |
| 1.3 Explain what could impact a young person’s mental health and wellbeing |
| 1.4 Understand how to create a space to enable mental health and wellbeing conversations and the potential barriers. |

**Learning Outcomes on PP presentation (part 1)**

* Discuss what sport and physical activity means to you
* Discuss what mental health and wellbeing means to you and why it is important in sport?
* Explore the benefits of sport/physical activity
* Discuss what could impact an individual’s mental health and wellbeing?
* Explore Stress/Pressure/Mood/Anxiety/Depression – signs and symptoms
* Provide you with resources

**Learning Outcomes on PP presentation (part 2)**

* Discuss how to create a supportive space to enable mental health and wellbeing conversations
* Explore our approach to mental health and wellbeing conversations
  + Getting to know participants
  + Empathy
  + Assumptions
  + Active listening
* Discuss the barriers to mental health conversations (real and perceived)
* Explore next steps