

THE FIVE COMMITMENTS OF THE MENTAL FITNESS CHARTER

Mentally fit clubs build a mental fitness quick wins action plan that follows these five commitments:

1. **Commit to build mental fitness skills**

Staying mentally fit in life involves our ability to use resources and skills to flexibly adapt to challenges (or advantages), so we can thrive. Mental fitness helps us cope with stress and life challenges.

Mental Fitness can be integrated into the club's everyday activities. Download the Staying Mentally Fit poster and promote wellbeing in everything the club does. If staying mentally fit is already a focus, take it a step further and implement an evidence-based program that teaches players and coaches the psychological skills that underpin mental fitness.

2. **Commit to increase mental health literacy and challenge stigma**

Mental health literacy involves knowing the signs when you (or someone else) is struggling and knowing how to support them and where to go for help. An example would be knowing how to search information online about mental health self-help strategies or having the skills to have a supportive conversation to help someone access a mental health professional. Mental health literacy also involves having knowledge about risk factors and causes of mental ill-health and knowing how to protect and promote positive mental health.

Challenging stigma refers to efforts to dispelling harmful myths and educating against inaccurate stereotyping surrounding mental health. Stigma towards others or yourself can prevent someone from reaching out for help. Challenging stigma is important to ensure individuals and communities are empowered to seek help when needed.