



Creating Mentally Healthy Environments For Officials By Officials

When thinking about mentally healthy environments we should think also the culture we create, the team spirit and the values we live by.

What changes can you and other officials make to help ensure events are mentally healthy environments?

Buddy System

Having a wellbeing buddy can be really helpful. This is a person you trust, know well and someone who you feel safe going to when you need support. Similarly, it is someone who you feel confident in supporting too!

Identify a family member, friend or colleague who can be your buddy. You don't need to tell them but it is often helpful as this can open up positive conversations.

Remind yourself that this is your buddy and keep that in the back of your mind.

We can at times feel down, stressed or worried, during these times you could reach out to your buddy.

However, when you are happy and feeling good it can be useful to share this with them too!

Connect with each other, have a quick chat to ask how they are doing and each share a high point and a low point of the week.

Often we don't like sharing emotions with others and can find it difficult. By practicing and being more open we take small steps to help ourselves and others.

It helps us build connections, give, learn and take notice, things which have a positive impact on our wellbeing.