



POWER
FOR CHANGE

21 DAY

RESILIENCE JOURNAL

#RoadToResilience

STATE
OF MIND

THE
RESILIENCE
PROJECT™



This is the Resilience Journal of:



THE NATIONAL RUGBY LEAGUE WOULD LIKE TO ACKNOWLEDGE HUGH VAN CUYLENBURG, DIRECTOR OF THE RESILIENCE PROJECT, FOR EDUCATING OUR GAME ABOUT THE IMPORTANCE OF RESILIENCE THROUGH GRATITUDE, EMPATHY AND MINDFULNESS.

It is with appreciation that we attribute the content of this journal and the associated presentation as an extension of his work.

The NRL is committed to the wellbeing of all our players, coaching staff, volunteers, fans and community members. Our vision is for all those who participate in our game to flourish not just in their roles within the game but as people.

The Resilience Project was initially engaged at the NRL level but with an overwhelming amount of positive feedback it was decided that these techniques and strategies were too good not to share with the rest of the Rugby League family.

Research tells us that some of the things that will start to happen for you when you complete these daily tasks are:

- › You will be less likely to get sick
- › Feel happy more often
- › Feel more positive about life
- › Be more alert
- › Be more enthusiastic
- › Feel more determined
- › Be able to pay attention better
- › Have more energy
- › Sleep better
- › Experience lower levels of depression and anxiety

(University of Massachusetts)



DAY 01

- › A bucket list is a list of things you wish to achieve or do in your life. Try writing a reverse bucket list. This is a list of things that you have already achieved that you are really proud of. Don't be humble here!



DAY 02

- › What was the best thing that happened to you today?

- › What are you looking forward to most tomorrow?

DAY 03

› What do you think you will enjoy most about the next 12 months?

DAY 04

› A strength is a positive quality or skill you have.
What strengths do you have as a person? Make a list below.

e.g. Great sense of humour



When you concentrate on your strengths there is a benefit to your resilience.
To take a survey and find out more about yourself and your strengths visit

viacharacter.org

DAY 05

- › Tell a member of your club/workplace or school that you are really grateful for all that they do behind the scenes or for their support.
- › Who did you choose and why did you choose them?

DAY 06

- › What you study, the sport you play or what you do for work is one way to define who you are. What other roles do you play in your family, school, workplace or community?
- › **Complete the table below:**

I am a Rugby League player

I am a caring older sibling

I am a...

I am a...

I am a...

I am a...



**“ BEING A RUGBY LEAGUE
PLAYER IS 100% OF 10%
OF MY LIFE. IT’S NOT WHO
I AM, IT’S WHAT I DO. ”**

- Cooper Cronk

DAY 07

- › Arrange something special for a family member or friend. Have a think about a way that you could let them know how grateful you are for their support. It could be something simple like a nice message, or it could take a bit more effort like cooking them dinner or tidying up their garden for them.
- › How does doing nice things for people make you feel?

WELL DONE

ON COMPLETING THE FIRST WEEK OF YOUR JOURNAL

Keep up the good work



DOWNLOAD SMILING MIND APP

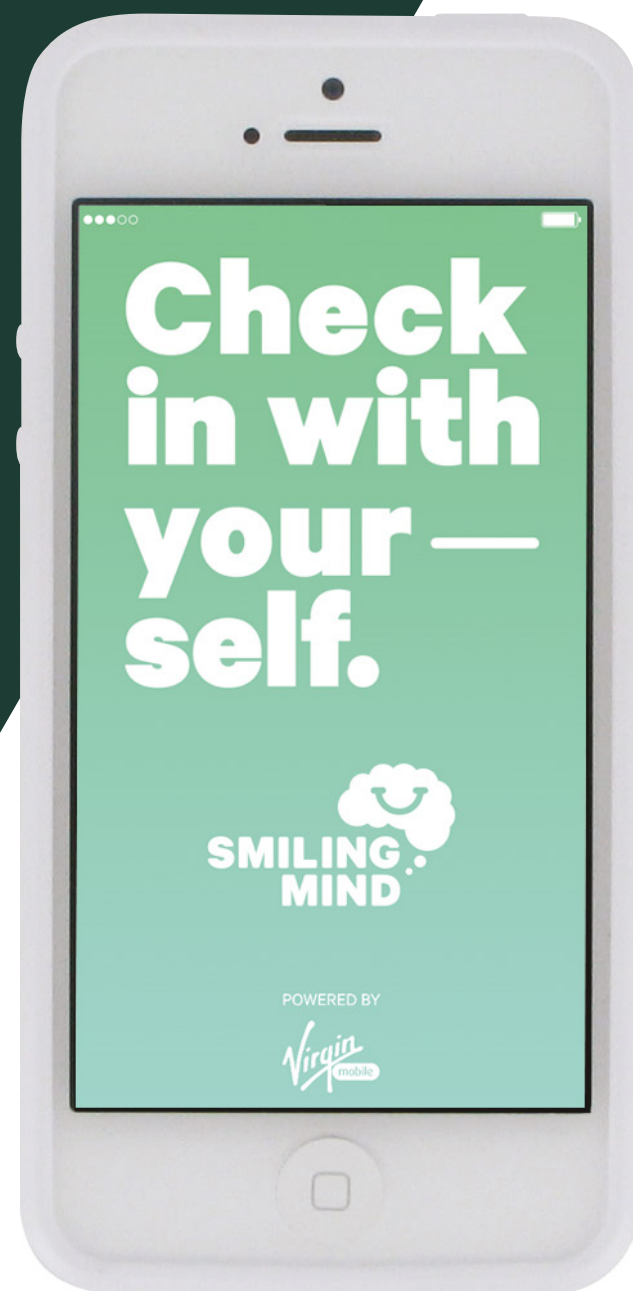


Find the Smiling Mind app, download it and create a login today!



What is Smiling Mind?

Smiling Mind is modern meditation for young people. It is a unique web and app-based program, designed to help bring balance to young lives. It is a not-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.



DAY 08

- Write a list of 5 people that you have met that have had a big impact on your life. If you feel comfortable, you could let them all know they were on the list.



DAY 09

› What was the best thing that happened to you today?

› Who are you most grateful for today and why?

› What are you looking forward to most tomorrow?



DAY 10

› **Meditation Exercise**

1. Find a comfortable seated position.
2. Notice and relax your body. Just breathe.
3. See if you can feel each sensation of your breath, one breath at a time.
4. If you notice that your mind starts to wander, gently redirect your attention right back to your breathing.
5. Continue for five minutes.
6. When you're finished, congratulate yourself for doing this meditation exercise today.

Smiling Mind has a range of free resources and guided meditation programs at smilingmind.com.au

› How did you feel before the mindfulness activity?

› How did you feel after being mindful?

DAY 11

- Send a message to a childhood friend. Reach out just to see how they are going. You may not have seen them in a while or you could still be in regular contact.
- Who was the friend? Why did you choose this person?

DAY 12

- There are always setbacks on the journey to achieving our dreams. In order to stay on track and reach our potential we need to practise being resilient. Resilience is the process of adapting well in the face of adversity, trauma, or even a significant source of stress.
In a Rugby League game players get tackled to the ground when trying to progress down the field towards the try line. The important thing is that the player gets up again and continues playing in the game. This is resilience in action.
- What are some things you can do to be resilient when life has tackled you?

e.g. exercise with a friend	



“ A few years ago I was worrying too much about my future. Worrying so much about what might or might not happen and it was stealing my joy. I understand now to enjoy every day and take things as they come. It means I can just enjoy playing footy. The Resilience Project can help you to do this. ”

SUAIA MATAGI

DAY 13

› What do you love doing the most away from study and/or work?



DAY 14

› **Random Act of Kindness.**

Today you are to complete a random act of kindness. It could mean holding the door open for someone as they struggle with their bags, it could be shouting a stranger their coffee in a cafe or offering to put away someone's trolley for them at the supermarket. You need to walk around today looking for the chance to do something to help someone in their day.

› What did you do for your random act of kindness?



TWO WEEKS DOWN!

WHAT A LEGEND

Carry that momentum
into the final week



› What was the best thing that happened to you today?

› Who are you most grateful for today and why?

› What are you looking forward to most tomorrow?



› Which is your favourite NRL club?
Which player represents what the club is all about, and why?

DAY 17

➤ Repeat the meditation exercise from Day 10, or try a different one from **Smiling Mind** at smilingmind.com.au

Many high-profile NRL players use meditation exercises to increase focus, manage their anxiety, and to get a better night's sleep. The Sea Eagles have even incorporated a 'mental cooldown' into their training sessions.

➤ Which meditation did you use?

➤ How did you feel after completing this meditation?



DAY 18

➤ **Complete the table below.**

For each box identify something positive you have learnt about yourself in the last twelve months?

RELATIONSHIPS WITH FAMILY OR FRIENDS

AS A STUDENT OR AN EMPLOYEE

CULTURALLY OR SPIRITUALLY

DAY 19

- › Tell someone that you love them and mean it! Whether it's a text message, to their face or even via an Instagram DM. Make sure you tell them why you love them.
- › How did it feel to complete this task?



DAY 20

- › Think of a child in your life that you would like to have a positive influence on. They could be a younger sibling, cousin or a child you know from your community. Select an activity they like to do and spend some quality time with them doing it. **Don't forget to ask their parent or guardian for permission first!**

Some ideas could be taking them to the park to kick a footy around, building a fort in the backyard, shouting them to the movies or teaching them a new skill like playing the guitar.
- › Who did you choose?
- › How did the child react to you spending time with them?

10 TIPS TO MENTAL WELLNESS



1. REGULAR EXERCISE

Keeping your body active and physically strong provides benefits for your mental wellbeing as it plays a role in reducing and preventing stress. Exercise does not have to consist of a workout at the gym. Alternatives may include: a walk, a bike ride, work in the garden, stretching, yoga or light weights.



2. HEALTHY EATING

Ensuring that we have a balanced diet and are getting the right nutrients to fuel our body supports our central nervous system and improves overall health. Choose foods that sustain your energy throughout the day and avoid foods high in processed sugar.



3. GET PLENTY OF SLEEP

It's important to get a good night's sleep. It is recommended that adults get eight hours of uninterrupted, good quality sleep. Sleep is a universal prerequisite to health and happiness. If you are experiencing problems with sleeping, you should seek help. There are all kinds of simple strategies to help you sleep better.



4. MAKE TIME FOR FUN

Make time for leisure activities that bring you joy, whether it be reading, watching a movie, connecting with others or taking a bath. Your body needs time to take a break from your responsibilities and recharge.



5. AVOID ALCOHOL, CIGARETTES & DRUGS

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to 'self-medicate' but in reality, alcohol and other drugs only aggravate problems.



6. LAUGH

Nothing makes you feel better about yourself or the world around you than a good laugh. It's a great medicine, especially if you can learn to laugh at yourself. Laughter can be very therapeutic so try to incorporate laughter into your day.



7. CARE FOR OTHERS

Doing things for others is a great tonic when you're feeling down. Helping a friend, family or a community organisation can make you feel included and empowered. Caring for others also helps to develop perspective and realise we are not alone.



8. TAKE THINGS ONE AT A TIME

It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Make yourself take a break.



9. BUILD A STRONG SUPPORT SYSTEM

Surround yourself with positive people, avoid people or situations that drain your energy. Ensure that your support team offers unconditional love. Network with others who are motivated and aligned with your passions and purpose, and contribute genuinely to the group effort.



10. PRACTICE GRATITUDE

Having an appreciation for what you do have instead of focusing on what you don't have is a very important part of your mental wellbeing. Choosing to focus on the things that are going well or the things you are grateful for can really improve your outlook on life. Some of the small things that you can be grateful for are friends, family, having shelter or access to education.

DAY 21

- › Write a thank you letter. Who is someone that you would like to thank for the impact that they have had on your life? It could be from your childhood or it could be someone more recently. It's important that it is genuine and heartfelt. Give them the letter in person, email it to them or send it in the post!
- › How did you feel writing a letter of thanks?

A full-page background image of a rugby player in a purple and black jersey celebrating on a field. The player is wearing a jersey with 'tigerair' and 'CROWN RESORTS' logos. He has a large number '19' on his leg. The background is a blurred crowd in a stadium.

AWESOME WORK CHAMP!

YOU HAVE COMPLETED THE 21 DAYS

Continue to include gratitude,
empathy and mindfulness in
your everyday life

Look after your mental health wherever you are.

- Online tools
- Resources
- Webinars
- Self-tests
- Education
- Latest research

blackdoginstitute.org.au



NRL Mental Health Partners



BLACK DOG INSTITUTE
T: (02) 9382 4530
blackdoginstitute.org.au



HEADSPACE
headspace.org.au



LIFELINE
T: 13 11 14
lifeline.org.au



KIDS HELP LINE
T: 1800 55 1800
kidshelp.com.au

New Zealand Mental Health Services

YOUTHLINE
0800 376 633

DEPRESSION HELPLINE
0800 111 757
or free text 4202

THE LOWDOWN
free text 5626



headspace can help young people 12 - 25 with:

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

For further information, to find your nearest **headspace** centre or for online and telephone support, visit headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.

headspace.org.au

Call **Email** **WebChat**

kidshelpline.com.au

1800 55 1800
FREE CALL 24/7

KHL is a service for 5-25 year olds | Emergency 000



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For more information visit

nrl.com/community and theresilienceproject.com.au

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