

# Developing Mentally Healthier Communities Through Sport

## 10 Tips to Promote Mental Wellness

- 1.** Bring mental health into the conversation more with the young people you coach and with everyone else in your life.
- 2.** Interrupt stigma when you see it and eliminate language that perpetuates stigma.
- 3.** Build relationships that are based on trust and mutual respect.
- 4.** Pay attention to what you see, what you hear and what you learn about participants' lives.
- 5.** Make sure participants have an adult they can count on.
- 6.** Practice gratitude and effective praise. Celebrate others' successes and strengths.
- 7.** Encourage participants to try new things and learn and from challenges.
- 8.** Remember emotions aren't good or bad, they are signals something is off balance.
- 9.** Check in, listen and provide support.
- 10.** The next time emotions are running high, try the TIPP, STOP or STAR techniques to help manage the situation.

