



HEALTH & WELLBEING WORKBOOK

NZRP BY THE PLAYERS
NEW ZEALAND RUGBY PLAYERS ASSOCIATION FOR THE **GAME.**

p

0800 PLAYER

w

www.nzrpa.co.nz

e

contact@nzrpa.co.nz

Mental fitness

Part one

Mental fitness

As you transition from your rugby career into the next part of your life, it can be a very exciting time, however it can also be a time of mixed emotions. It is important to understand and appreciate that it is quite natural to have a variety of feelings and thoughts as you work your way into your next phase.

1. What things could you experience at the end of your rugby career? *[Hint: check out page 82 of EXPAND magazine or page 1 of the individual Health & Wellbeing section]*

Complete the sentence:

Just remember it is a sign of _____ to ask for help.

How do you talk to yourself?

Which stress hormone can negative words increase the release of? _____

The more you hear something, the more you believe it. If you keep repeating things in your head, it is the same as saying them out loud. Eventually, you will accept them as the truth.

By using more positive statements in our head it allows the brain to increase what potential?

The top two inches

What could you do to work on your mental wellness?

Happiness scale

Where do you sit on the scale? Mark where you sit on the happiness scale:



At times in life, we move up and down on the happiness scale. This can be due to external events or factors. Having good mental fitness means we are able to bounce back more quickly. This is also known as resilience.

After rugby

For your mental and physical health, it is important to have a post-rugby routine that includes exercise.

Top 10 tips for improving your mental fitness

What are the top 10 tips for improving your mental fitness?

01

02

03

04

05

06

07

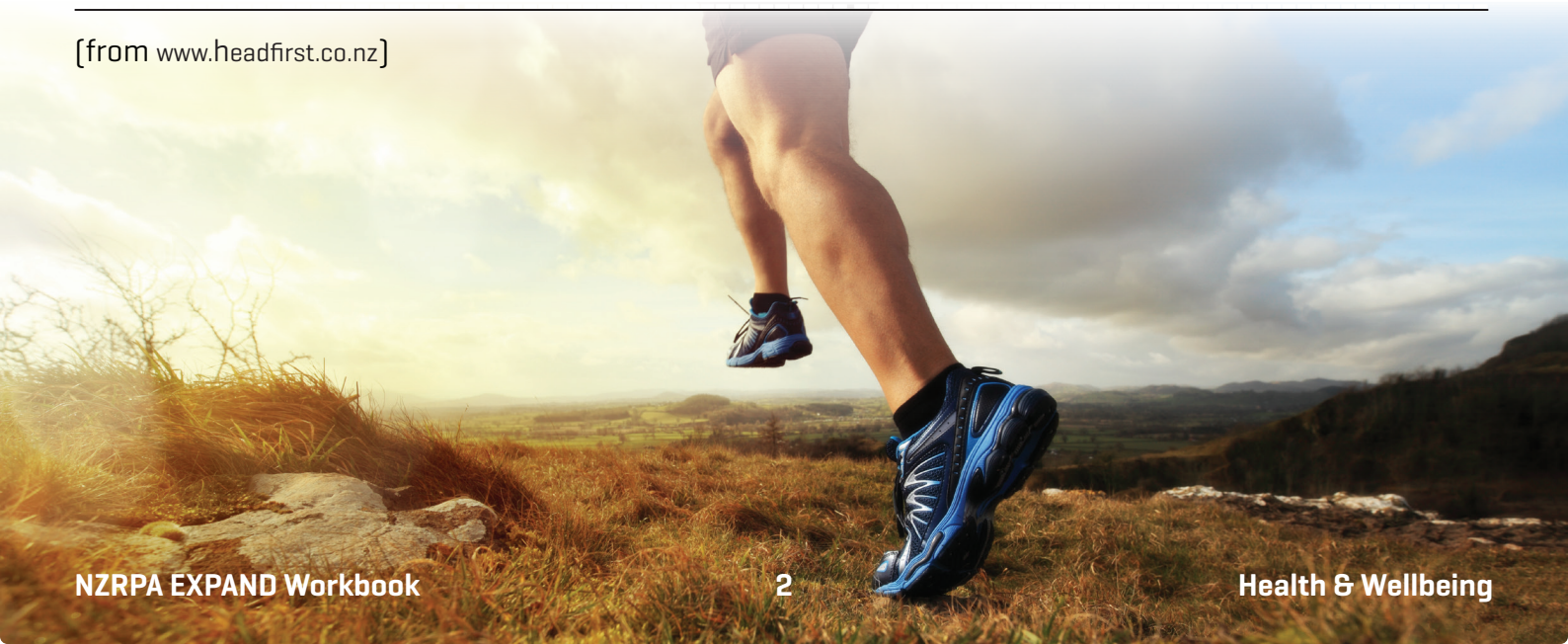
08

09

10

Out of the top 10 tips, which ones would you like to use?

[from www.headfirst.co.nz]



Addiction

Addiction

Addiction is when a person feels the need to use a certain substance or carry out a specific behaviour with the aim of making themselves feel good or, in some cases, bad.

What are the different types of addiction? *[Hint: check out page 84 of EXPAND magazine or page 3 of the individual Health & Wellbeing section]*

1. _____

2. _____

What are some things that addictions can negatively impact?

Name four different types of addiction:

1. _____ 2. _____

3. _____ 4. _____

Name three common signs of addiction:

1. _____

2. _____

3. _____

Complete the sentence:

If you or someone you know is experiencing any of these signs it is time to seek _____.

What does help look like? _____

Who can provide help with addiction? _____

How to get help

Contact the NZRPA, your local doctor, your local mental health and addiction services or call one of the helplines listed on page 104 of EXPAND magazine or page 23 of the individual Health & Wellbeing section.



Social media holiday & digital decluttering

Social media holiday and digital decluttering

Just like it is great to take holidays, it is a good idea to give yourself a break from social media every now and then. A social media holiday helps you reprioritise what is important in your life [definitely not a device!]. It also allows you to refocus your attention where it should be and reconnect with the people around you.

Name three things you can do to declutter your digital life:

1. _____
2. _____
3. _____

[Hint: check out page 85 of EXPAND magazine or page 4 of the individual Health & Wellbeing section]

Reduce screen time

Do you think you spend too much time on your phone? [circle one] **Yes** **No**

Most people will freely admit they spend too much time on their phones.

How can you keep track of the time you spend on your phone? _____



Digital footprint

Digital footprint

Your digital footprint is your online identity and it tells people about you. It is the trail of data you create when you are online using Instagram, Snapchat, Facebook, Twitter, LinkedIn, dating sites, shopping or entering competitions.

Complete the sentence: Your digital footprint is _____

[Hint: check out page 86 of EXPAND magazine or page 5 of the individual Health & Wellbeing section]

Name two ways people can impact and contribute to your digital footprint:

1. _____
2. _____

Name five different people who might look at your digital footprint:

1. _____
2. _____
3. _____
4. _____
5. _____

Digital footprint

Google exercise

Google your name and see what comes up. Write down the top four things:

1. _____
2. _____
3. _____
4. _____

Clean-up exercise

Look at your social media accounts and remove anything you would not be okay with your grandmother seeing.

What percentage of recruiters google job candidates? _____ %

Red cards and being safe online

Fill in the blanks:

Don't be a _____ warrior. Don't get into online _____.

Don't _____ inappropriate material. Don't share intimate images/videos _____ consent.

Don't engage in _____ porn. _____ bully people online.

Tip: Never post things when you are angry, emotional or under the influence of alcohol or drugs. Your behaviour can still have consequences, so be careful what you post.

STAR MODEL

What does the STAR Model stand for?

S _____ **T** _____ **A** _____ **R** _____

Name three online safety strategies:

1. _____
2. _____
3. _____



Footprints in the sand wash away,
but your digital footprint never does.

Scams

Scams

How many millions of dollars were New Zealand people scammed out of in 2019? _____

A scam is a dishonest scheme. Name five scams to be wary of:

1. _____
2. _____
3. _____
4. _____
5. _____

Extra safety tips

Write down one extra safety tip:

Name the organisation where you can report scams or fraud online:



Stress

Stress

Stress is a common feeling we all experience at times. Knowing what stress looks like for us can make it easier to address before it gets too much.

Common signs of stress

List four signs of stress:

1. _____
2. _____
3. _____
4. _____

[Hint: check out page 88 of EXPAND magazine or page 7 of the individual Health & Wellbeing section]

List five tips that you personally would use to help improve your resilience and manage your stress:

1. _____
2. _____
3. _____
4. _____
5. _____

What are three things to AVOID when you are under stress?

1. _____
2. _____
3. _____

Fill in the blanks: **S** _____, **e** _____, **e** _____ and **c** _____

Who do you contact if you feel like your stress and symptoms are not resolving?



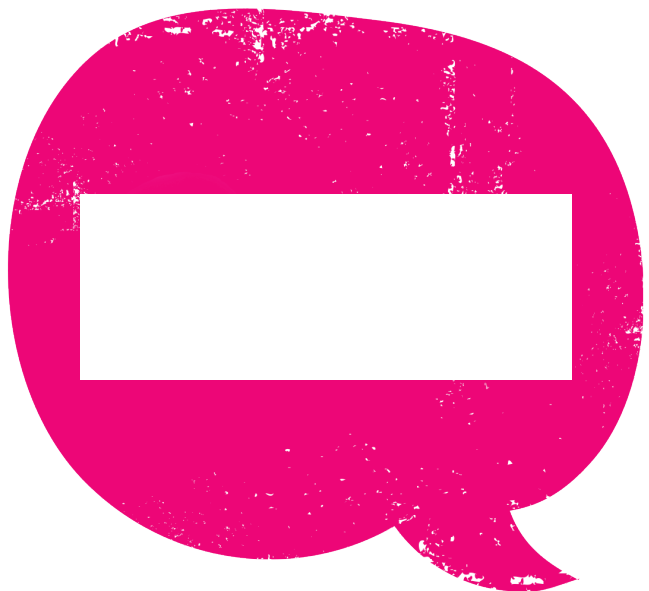
List the five ways to wellbeing as recommended by the Mental Health Foundation:



**TALK & LISTEN,
BE THERE, FEEL CONNECTED**



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**



YOUR TIME, YOUR WORDS, YOUR PRESENCE



**REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY**



**EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF**

Headfirst

Fill in the blanks: [Hint: check out page 90 of EXPAND magazine or page 9 of the individual Health & Wellbeing section]

Our mental fitness and wellbeing – how we think and feel – are just as important as our _____.

In New Zealand, _____ in five of us will struggle with some aspect of our mental fitness or wellbeing during our lives, so it is totally _____ and okay to feel a bit off sometimes.

Rugby can be a great support for mental fitness and wellbeing but players can experience extra challenges in situations where they are _____, struggling to _____ or are _____ the game.

For these reasons, and many others, taking care of our _____ and _____ is a huge part of looking after ourselves and being successful as people and as athletes.

Headfirst is a _____ designed specifically to help rugby players, past and present, and the wider rugby community to support their own _____ and that of others.

The site contains _____ from past and present _____ sharing their own experiences with their mental fitness as well as the struggles and tough times they have faced during their careers.

There's also lots of useful information on different topics such as _____, depression, _____ and how to help a mate.

Write down the Headfirst web address: _____

FEEL A BIT OFF?
WE'RE TALKING ABOUT IT

KEVEN MEALAMU
FORMER ALL BLACK

RUBY TUI
NZ BLACK FERNS SEVENS

RYAN COXON
WALKER HURD RUGBY PLAYER

WAYNE SMITH
ALL BLACKS ASSISTANT COACH/PHIL BLAC

CHRIS POLLOCK
FORMER NZ REFEREE

JAMES MCCOUGAN
FORMER SUPER RUGBY PLAYER

HEADFIRST
IT'S MORE COMMON THAN YOU THINK
1 in 5 Kiwis experience some form of stress, anxiety and depression.
The rugby community is no different.
HEADFIRST CAN HELP
Headfirst is designed to help players, coaches, support staff & families in the rugby community to support their own wellbeing and that of others.

headfirst.co.nz

NEW ZEALAND RUGBY

HEADFIRST
FIT MINDS FOR TOUGH TIMES.

Physical health

Part two

Physical health

Why is it important to have your own GP in addition to your team doctor? *(Hint: check out page 91 of EXPAND magazine or page 10 of the individual Health & Wellbeing section)*

Which of the physical health tips do you currently do? _____

Which of them will you start doing? _____

Did you know?

What is the most common cancer in New Zealand? _____

What should you do to help you notice breast lumps or breast changes? _____

At what age is testicular cancer most common in men? _____

If you find anything unusual report it to your doctor.

Men's health checks

Make the time to visit your GP for an annual check-up even if you don't feel sick.

Name three things men in their 20s should get checked:

1. _____ 2. _____ 3. _____

Name three things men in their 30s should get checked:

1. _____ 2. _____ 3. _____

Name three things men in their 40s should get checked:

1. _____ 2. _____ 3. _____

Complete the sentence:

Now is the time to start getting tested for _____ cancer and _____ cancer.

Get those thumbs on your plums!

What is the most common cancer in young New Zealand men? _____

If diagnosed early, which cancer has the highest cure rate of all cancers? _____



Physical health

Women's health checks Make the time to visit your GP for an annual check-up even if you don't feel sick.

Breast checks

Which is the most common cancer that is affecting women in New Zealand? [Hint: check out page 93 of EXPAND magazine or page 12 of the individual Health & Wellbeing section] _____

Where do you find advice on how to do breast self-checks? _____

If you find anything that you believe is abnormal or are concerned about in your breast checks what should you do? _____

Cervical screening

What is a woman's best protection against developing cervical cancer? _____

At what age do women in New Zealand take part in the National Cervical Screening Programme? _____

What are five other things you should get checked for the benefit of your health?

1. _____
2. _____
3. _____
4. _____
5. _____

Checked your breasts lately?

It's as easy as

T L C



Touch. Touch both breasts.

You're feeling for any lumps or thickening in the breast even up to the collarbone and into the armpits.



Look. Look in a mirror.

Raise your arms above your head. Does this change the appearance of your breasts or nipples?



Check. Check with your doctor.

Check any breast changes with your doctor, even if you've had a mammogram recently.

Go to www.anychanges.co.nz and watch our step-by-step guide.



Breast Cancer Foundation NZ

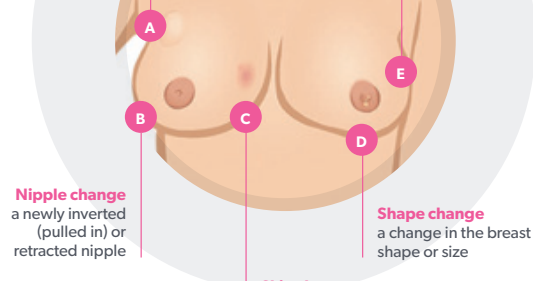
Be Breast Aware



Breast Cancer Foundation NZ

A new lump
or thickening in the breast or armpit area

Nipple discharge
an unusual discharge from the nipple



Nipple change
a newly inverted (pulled in) or retracted nipple

Shape change
a change in the breast shape or size

Skin change
a change in the skin of the breast, areola or nipple, e.g. colour, dimpling, puckering or reddening

If you notice any new or unusual changes, show your doctor



For advice call our breast nurse, freephone **0800 BC NURSE** (0800 226 8773) or visit www.breastcancerfoundation.org.nz



Are you aged between 45 and 69? Enrol for free mammograms **0800 270 200** or register online at www.timetoscreen.nz

Physical health

Keep moving and keep an eye on what you eat

For the benefit of your health it is important to be conscious of the fuel [food and liquids] you put in your body and the exercise you plan to do.

What changes do you need to make to your food intake once you stop playing professional rugby? *[Hint: check out page 94 of EXPAND magazine or page 13 of the individual Health & Wellbeing section]*

When you are undertaking special events like ultra-marathons or adventure races, what do you need to do to your diet?

Your body shape will naturally change. This can be welcome for some players as they are no longer training for specific positions e.g props don't need to be as strong as they are no longer scrummaging.

Name one thing past players find easier to do regarding their fitness:

What are some new sustainable and enjoyable exercises you might want to try, which you might not have been able to do while playing rugby?

For women over 30, what type of mass does your body lose each decade if you don't keep working out?

Stop the spread!

What are four ways you can stop the spread of infections, viruses and boils? *[Hint: check out page 95 of EXPAND magazine or page 14 of the individual Health & Wellbeing section]*

1. _____
2. _____
3. _____
4. _____



What percentage of alcohol do you need to have in your hand sanitiser? _____ %.

Look after your family, friends and colleagues by preventing the spread.

Be aware

Keep an eye on your health and if you notice any changes do not ignore them. Go to your doctor. It is better to be reassured that nothing is wrong than miss the signs and symptoms of something more serious.

Family planning

Family planning

Family planning and pregnancy

Planning a family doesn't have to be reserved only for after you've finished playing rugby professionally. If or when a player decides they would like to have a family, open communication and planning will assist with this decision.

Where can you find the NZR Pregnancy Policy? _____

Professional rugby female maternity policy

Which female players are supported by a special maternity policy? *[Hint: check out page 96 of EXPAND magazine or page 15 of the individual Health & Wellbeing section]*

What does part of the policy contain?

Where can you find the Black Ferns and Black Fern Sevens Parental Inclusion Policy?

Planning a family while still playing

If you are planning a family while you are playing there are some things to consider, especially if you are overseas.

What are four things to consider if you are planning a family while you are still playing? *[Hint: check out page 96 of EXPAND magazine or page 16 of the individual Health & Wellbeing section]*

1. _____ 2. _____

3. _____ 4. _____

What are three practical things to think about when it comes to having a baby?

1. _____ 2. _____

3. _____

Fertility

Boosting fertility

When trying to conceive, there are some important changes you can make to your lifestyle to increase your chances of having a healthy baby.

What are three things you can do to boost your fertility if you are a female? *[Hint: check out page 97 of EXPAND magazine or page 17 of the individual Health & Wellbeing section]*

1. _____

2. _____

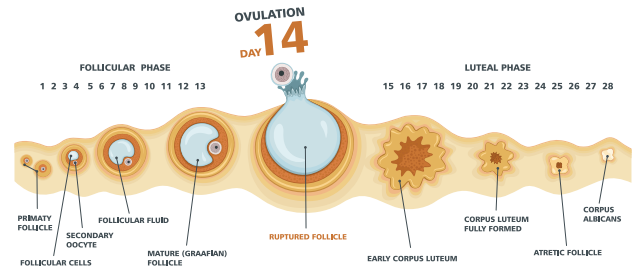
3. _____



Family planning

What are three things you can do to boost your fertility if you are a male?

1. _____
2. _____
3. _____



Infertility and miscarriages

What percentage of couples experience infertility when trying for a baby? _____ %

How many women are affected by miscarriage? _____

Complete the sentence: As you get _____ there is an increase in the chances of a miscarriage.

Menstrual cycle (periods)

Why is it important for women to keep their nutrition and training in balance? [Hint: check out page 99 of EXPAND magazine or page 18 of the individual Health & Wellbeing section]

Match the correct phrases by drawing a line to the correct statement:

Women's hormones

are stable day in and day out

Men's hormones

centre on the menstrual cycle

Menstrual cycle and performance

Understanding the menstrual cycle and its effects is essential for performance and wellbeing for female athletes.

What are two points for females to consider to help their sporting performance?

1. _____
2. _____

Menstrual dysfunction (irregular periods) is often the first sign of what? _____

What is one function that low energy suppresses? _____

Freezing eggs and sperm

For what reason would you freeze eggs or sperm? [Hint: check out page 100 of EXPAND magazine or page 19 of the individual Health & Wellbeing section]

Who should you speak to if you have concerns about your fertility or want to find out more about freezing eggs and sperm? _____

Menopause

What percentage of women experience menopause earlier than the average? _____

What is the average age for a woman to experience menopause? _____

What are two tips for menopause?

1. _____
2. _____

Giving back - volunteering

Part three

Giving back

Volunteering

Who was your first rugby coach and what do you remember most about them? _____

Who has been your favourite rugby coach and why? _____

Research widely proves that there are great benefits from giving back.

What is one of those benefits? _____

[Hint: check out page 99 of EXPAND magazine or page 18 of the individual Health & Wellbeing section]

In what ways do you give back to the community now? _____

What are new ways that you could give back to the community? _____

What are three helpful aspects of volunteering that will give you extra benefits?

1. _____ 2. _____

3. _____

Coaching and refereeing

If you want to be a referee who should you contact? _____

Volunteering ideas

Pick three volunteer ideas that appeal to you:

1. _____ 2. _____

3. _____

DON'T BE SHY – GET INVOLVED!!

A break from the game

Why do you think some players might need a break from the game when they retire? _____

Why do you think some players still like to be involved in the game once they retire? _____

How do you think you could use the skills and knowledge you've learned from rugby to help your community once you retire? _____

Helpful numbers & websites

What is the **NEED TO TALK** number? *[Hint: check out page 104 of EXPAND magazine or page 23 of the individual Health & Wellbeing section]* _____

What are two other helplines you think you or a family member might use? _____





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