

THRIVE

**OUTLINES 6 SIMPLE ACTIONS WE
CAN ALL TAKE TO HELP US REACH
OUR FULL POTENTIAL**

THRIVE is informed by Positive Psychology, which is the scientific study of the conditions and processes that contribute to optimal functioning of people, groups, and organisations. Research has shown that there are six strategies and skills sets that can be developed to improve wellbeing and allow people to navigate the challenges of life more effectively. **THRIVE** is based around this research and has modelled this into the **THRIVE** acronym.



TRY YOUR BEST



- + Be ready to have a go & give your best effort
- + Build a growth mindset & embrace mistakes
- + Celebrate your achievements & the success of others



THRIVE

Trying your best is all about developing a growth mindset and positive thought patterns to build confidence, resilience and determination. This can help us deal with setbacks and maximise our performance.

Tips

- + Break up routines and try something new.
- + Recall one of your achievements and the effort or set-backs you experienced.
- + Catch negative self talk and replace with positive affirmations.
- + Seek feedback and learn from mistakes
- + Add the word 'yet' if you haven't mastered a skill "I can't run 5km, yet"

I AM A STRONG COMPETITOR. I LIKE TRYING NEW THINGS

I CAN MAKE THIS SHOT

GROWTH MINDSET

I ENJOY TRAINING HARD

I WILL CONTINUE TO PERFORM MY BEST UNDER PRESSURE. WITH PRACTICE I WILL ACHIEVE MY FULL ATHLETIC POTENTIAL.

FIXED MINDSET

IT DOESN'T MATTER HOW MUCH I PRACTICE I WON'T BE ABLE TO DO IT

FAILURE IS THE LIMIT OF MY ABILITIES

I STICK TO WHAT I KNOW

I DON'T LIKE TO BE CHALLENGED

I'M EITHER GOOD AT SOMETHING OR I'M NOT

WHEN I'M FRUSTRATED I GIVE UP

TRY YOUR BEST



BE HEALTHY



- + Be active & exercise regularly
- + Eat well & drink plenty of water
- + Take time to recharge & get a good night's sleep



THRIVE

Be **HEALTHY** reminds us to create healthy habits that will improve our physical and mental health. Sleep, nutrition and exercise all hold important benefits for building strength and stamina but they also improve reaction times, mood, concentration and decision making which can help us be competitive on and off the sporting field.



Get Active

- + Aim for 30-60 min of moderate physical activity each day.
- + Leave the car at home and walk or ride to your destination
- + Use the stairs instead of the lift or escalator.
- + Get off the bus one stop earlier and walk the rest of the way.
- + Break up long periods of sitting as often as possible.

Keep hydrated and eat well

- + Eat regularly throughout the day. Not eating can cause the body stress
- + Eat a wide range variety of foods
- + Choose less refined high sugar foods and drinks and more wholegrain cereals, fruit and vegetables
- + Minimise saturated fats, trans-fats and refined sugars and fast food
- + Keep fluids up and drink water, avoid excessive caffeine by limiting soft-drink, coffee and energy drinks
- + Add ice cubes made from fresh fruit to a glass of water
- + Keep a bottle or glass of water handy on your desk or in your bag
- + Magnesium (found in green leafy vegetables) will help calm muscles.
- + Antioxidant water-based foods like red berries can reduce acute pain
- + Practice mindful eating

Rest up

- + Aim to get the recommended amount of sleep (Adults 7-8 hours, Adolescents 9-10 hours, Children 10-12 hours)
- + Set up your room so that it is quiet, dark and cool. Research has found these conditions can help us sleep better.
- + Develop a relaxing bedtime routine. A regular routine will help cue your body that it is time to sleep. Enjoy a shower, a book and a good cup of tea. Avoid alcohol, exercise and technology as these can interfere with good sleep.
- + Maintain a sleep schedule- Go to bed and wake up at the same time each day. This will help your body establish a sleep/wake cycle (circadian rhythm).

BE HEALTHY





RELATE WELL



- + Show respect
- + Include everyone
- + Be kind to others & yourself



RELATE Well encourages us to form healthy and respectful relationships. Humans are social creatures so nurturing relationships is important for our happiness and wellbeing. It can improve team cohesion and maximise results when people are able to work well together.

Tips

- + Schedule time with friends
- + Join a club or committee
- + Get to know team mates
- + Celebrate the achievements of others
- + Encourage team mates
- + Address conflict in a calm and respectful way
- + Call out racist, homophobic or sexist comments

RELATE WELL





GET INVOLVED



- + Be active & exercise regularly
- + Eat well & drink plenty of water
- + Take time to recharge & get a good night's sleep



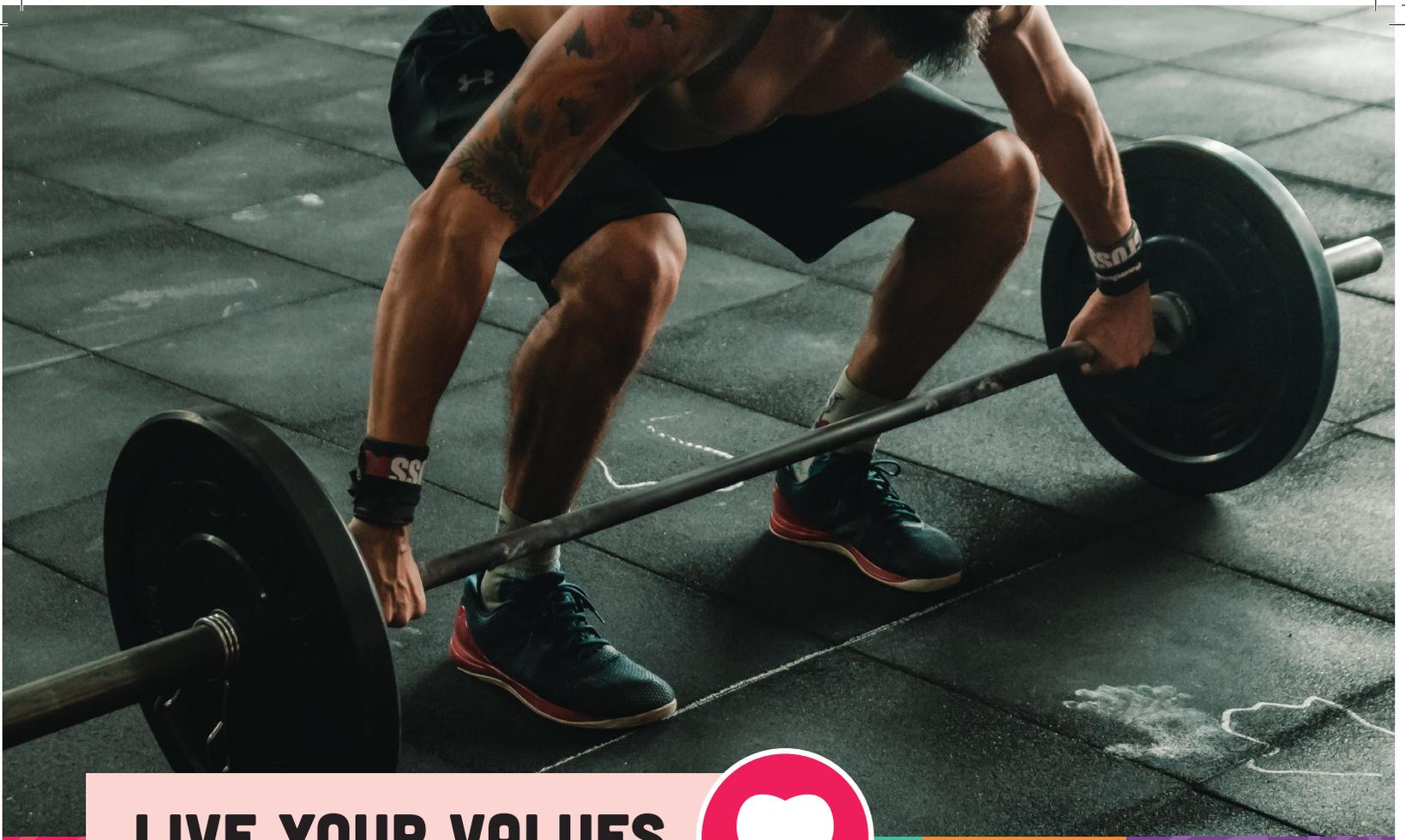
Getting **INVOLVED** refers to being able to find 'flow' which occurs when you become so focused on what you are doing that you lose track of time. Many people who play music or sport experience flow and feel like their body is just gliding through the motions with no real effort. When we play to our character strengths and participate in something we enjoy doing we are more likely to experience satisfaction and success. Our success can be enhanced by effective goal setting. Setting and working towards goals can give us a sense of achievement and boost our self-confidence.

Tips

- + Notice when you are so absorbed in what you are doing and try to do more of it
- + Understand your character strengths, we have 24 character strengths and using them can help maximise our performance.
- + Next time you need to set a goal, try to follow the SMART formula (specific, measurable, achievable, relevant & time bound)
- + Share your goal with someone, they can then offer you encouragement
- + Create a vision board of why your goal is important to you. This can help keep us motivated.

GET INVOLVED





LIVE YOUR VALUES



- + Be proud of who you are
- + Make positive personal & social choices
- + Find your passion & what gives you a sense of purpose



Live your **VALUES** helps us align our actions to the things that are important to us. When we act in accordance with the morals or standards that we set or that are set by our club; it can boost pride, confidence and cohesion. Clubs often have a set of values or a code of conduct to ensure that the clubs is a safe and inclusive space. Showing respect and kindness to others not only helps other people but it also makes you feel good. Participating in sport or a hobby is a great way to connect to something you feel passionate about and can create a sense of meaning and purpose in our lives.

Tips

- + Help others in big or small ways
- + Make time for the things you are passionate about
- + Connect with others who share your interests and passions
- + Give someone a shout out
- + Tidy up a mess that wasn't yours
- + Pick up your phone send a positive text to 2 people.
- + Donate items in your home that you haven't used in the past year
- + Make positive social choices
- + Stand up for what you believe in

LIVE YOUR VALUES





ENJOY POSITIVE EMOTIONS



- + Live in the moment
- + Be the reason someone smiles today
- + Notice and be grateful for the good things.



ENJOY positive emotions helps us to find ways to boost happiness, hope, joy, love, compassion, pride, gratitude and interest in our daily lives. These emotions can help us feel good but can also help us deal with tough times. Research has found that experiencing positive emotions is a bi-product of a complex interplay of genetics, life circumstances and intentional activity. By engaging in healthy mental and physical habits, we can have a lot of control over our own happiness and wellbeing.



Tips

- + Savour good experiences by deliberately paying attention to the moment, enjoy what is going on and using all your senses.
- + Try meditation. Guided meditations can help you focus on your body and mind. Smiling Mind is an Australian organisation that offer free meditation activities for people of all ages.
- + Set a daily intention- think about how you want to show up, what influence you are having on others and the world around you.
- + Express gratitude and focus on the positive aspects of your day. You could try writing them down or share with someone three good things that happened.
- + Do activities that you enjoy and peruse hobbies
- + Practice mindfulness. Tune into the present moment, what you are thinking and feeling? connect with nature or take a quiet moment to rest and reset.
- + Schedule self-care. When we are busy, stressed and time poor, self-care is usually the first thing we sacrifice. Scheduling some 'me time' can help reset and refocus us on the good things so try enjoy an activity from the pleasant life, good life and meaningful life to boost your happiness and wellbeing.
- + Pleasant life. Schedule time to do something that feels good e.g., a massage, a coffee, a nap, or a bath.
- + Good life. Schedule time to use your skills for something you enjoy e.g., play sport, music, garden or cook.
- + Meaningful life- Schedule time to help others e.g., give blood, volunteer, pick up litter, donate unwanted things to those in need.



COMMUNITY PARTNERS



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