

BUILDING RESILIENCE

At a glance:

- What are some stressful situations in Rugby?
- What is stress, how is it caused and what impacts can it have on our health?
- How did an elite Rugby player bounce back after years of depression?
- What support networks are available to promote mental health and wellbeing?
- How can Rugby or other physical activity help people deal with stress?
- What are some coping strategies for dealing with stressful situations?
- What is resilience and what are the characteristics of resilient people?
- How can we develop self-awareness and the ability to use positive self-talk?

OVERVIEW

Rugby players are not immune to suffering from stress and its negative health effects. In this learning experience students explore the concept of stress including its causes and health impacts and focus on a case study about a former Wallaby Rugby player who suffered from depression for years only to bounce back after seeking treatment. Students also explore coping strategies for dealing with stress, discuss characteristics of resilient people and develop strategies for increasing self-awareness and using positive self-talk.

LEARNING AREA

- Health and Physical Education

FOCUS AREA

- Mental health and wellbeing; Relationships and sexuality

Strand: Personal, social and community health

Sub-strand: Being health, safe and active (ACPPS001; ACPPS003; ACPPS015; ACPPS017, ACPPS018, ACPPS033; ACPPS036; ACPPS053; ACPPS054)

Sub-strand: Communicating and interacting for health and well-being (ACPPS005; ACPPS020)

GENERAL CAPABILITIES

- Ethical understanding: Understanding ethical concepts and issues; Reasoning in decision making and actions.
- Literacy: Comprehend texts through listening, reading and viewing; Composing texts through speaking, writing and creating.
- Personal and social capability: Self-awareness.

STIMULUS

- PowerPoint Presentation – ready to use!
- Former Wallaby Clyde Rathbone reveals battle with depression
- The mindhealthconnect website

POSSIBLE LEARNING OPPORTUNITIES / TASKS

- Look at the different 'stress' images and talk about why the people/fish might feel stressed.
- Talk about stress including how it can make people feel and the links to illness.
- Discuss the sources of stress and which sources seem to cause the most stress.
- Read the case study on former Wallaby Clyde Rathbone and discuss how success, challenge and failure have strengthened his identity, and how he sought treatment to bounce back.
- Find out if anyone knows about any well-known mental health programs or initiatives.
- Review the mindhealthconnect website.
- Read about resilience including the characteristics of resilient people. How many in the class think they resemble a resilient person?
- Talk about coping strategies for stressful times and how it is important to have various strategies you could use depending on different situations.
- Talk about the importance of developing self-awareness so that you can understand your emotions and reactions in situations, build on your existing strengths and set goals for further growth. Discuss the self-awareness diagram.
- Talk about the importance of positive self-talk in dealing with stressful situations.

REFLECTION

Discuss why it is important to maintain a healthy lifestyle, including playing sports like Rugby, for coping with positive and negative stress. Discuss the importance of developing resilience as students grow up and ways of becoming more resilient including being self-aware and using positive self-talk.

EXTENSION IDEAS

- Research national sporting teams and find out what mental training they do to cope with stresses before, during and after matches e.g. mental rehearsal, positive self-talk, teamwork games etc.
- Investigate community resources and strategies to seek help about mental health and wellbeing.
- Investigate the "Bounce Back" education program.

WORKSHEETS

- LP - Who am I?
- MP - Positive and negative self-talk
- UP - Self-awareness activity

ASSESSMENT IDEAS

- LP - Create a poster
- MP - Create positive self-talk statements
- UP - Create a resilience brochure