

**In a full capacity  
Molineux, how many  
fans may need a  
helping hand?**

# **IT'S OK TO TALK**

**A short self help guide with tips and activities  
that can aid your mental health and wellbeing.**



**Foundation**



**Head  
4 Health**

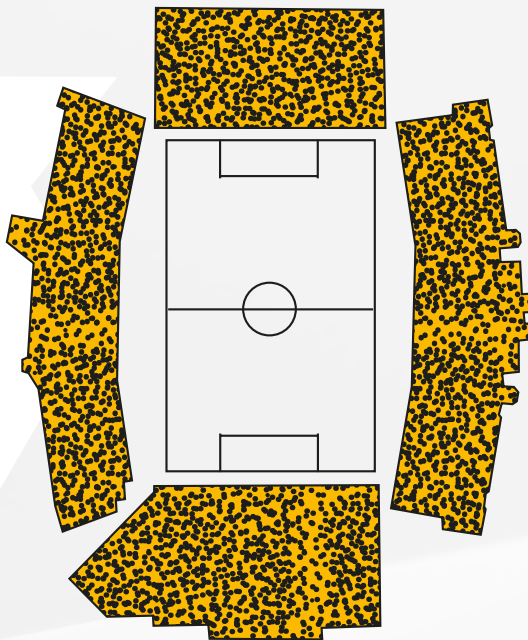


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**Molineux  
filled with  
31,700  
Wolves fans...**

**7,925**  
**may need a  
helping hand**



**This booklet has been designed to give you  
some advice, guidance and activities to help  
improve your mental health & wellbeing.**

The pandemic has impacted most people's mental wellbeing negatively. But there are always services to talk to and reach out to for support.

**One in four people will experience a mental  
health problem each year (MIND)**

“Being an ambassador for the Foundation, I’ve seen over the years the great work they do. It’s incredible the lengths they go to and Head 4 Health is a big part of that.”

“Mental health is such a prominent factor in daily lives now, you hear a lot of people speaking on the topic, and what is great about our football club and Foundation is that they’re there to help people and I’ve seen that first-hand over the last few years. They do incredible work, and that’s what they’re there to do, to help Wolves supporters who need it.”

“Spending time with my family is my favourite way of relaxing. After training, I enjoy going home to be with my lads and Amie, and on days off we often go on days out together. Of an evening, I watch as much football as I can, because I genuinely love the sport but also enjoy a TV series, especially Prison Break.”



- *Conor Coady*



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# Spotlight on: Stress

We can all feel stressed sometimes and in certain situations it can even be helpful. However, when that stress starts to affect daily life, it's worth trying to find ways to cope with it.

Stress is usually a reaction to mental or emotional pressure and our stress response is also known as the fight or flight response, which is natural.

When you're feeling anxious or scared, your body releases stress hormones such as adrenaline and cortisol. In certain times, these can be quite helpful to get things done and motivate us but when we are feeling like this over daily tasks it can become a problem.

Stress can present itself in a variety of ways, especially when we are highly stressed. Take a look through the signs and symptoms below and tick off those that you can relate to when feeling stressed:



## Top Tips on how to cope:



Talk to someone, a friend/ relative or anonymously via The Samaritans (116 123)



Try to establish stressors e.g. work, money, relationships



Try to establish healthy coping strategies for these stressors e.g. exercise, talking, reading, cooking, gaming, gardening, learning a new skill...



Try different methods to relax e.g. meditation, mindfulness



Make an appointment with your GP or self-refer to local mental health service



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## Spotlight on: Anxiety

Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about a job interview or having a medical test. In these times, feeling anxious is perfectly normal.

However, if these worries become uncontrollable, the feeling of anxiety can be constant and start to affect daily life.

The pandemic has seen an increase in feelings of anxiety due to uncertainty, health concerns and social isolation. This may have exacerbated existing anxiety issues or created new ones.

Some of the symptoms we may experience can include:



## Top Tips on how to cope:



Make an appointment with your GP or self-refer to local mental health service



Try a self- help online course



Exercise regularly – this can really boost our mood with feelgood hormones (endorphins) and help release tension.



Try new ways to relax e.g. meditation, mindfulness



Reduce/ avoid caffeine – this can make us feel more anxious



Reduce/ avoid drinking alcohol and smoking – these have been shown to make anxiety worse



Talk to someone, a friend/ relative or anonymously via The Samaritans (116 123)



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# Stress Container

## What's in yours?

Empty everything that is in your head concerning work and home into your Stress Container, and then answer the questions in order, like the example below:

### 1. My stresses: What's in my container?

WORK  
FAMILY  
BILLS  
HOUSING  
SOCIAL MEDIA  
HEALTH  
UNEMPLOYMENT  
RELATIONSHIPS

### 2. Write down your coping strategies:

COLOURING  
EXERCISE  
WALKING  
READING  
MEDITATION  
JOURNAL  
TALKING  
LISTENING TO MUSIC  
SINGING

### 3. Write down your stress signature here: (What happens if we don't cope?)

CRYING  
SNAPPING AT PEOPLE  
SLEEPING  
(TOO MUCH/TOO  
LITTLE)  
EATING  
LACK OF MOTIVATION  
AGGRESSIVE



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## Head 4 Health

Head 4 Health is a PLPFA (Premier League & Professional Footballers Association) funded project with part funding from City of Wolverhampton Council Public Health.

The project aims to improve mental and physical wellbeing in adults over the age of 18.

### What is Head 4 Health?

-  8-week programme
-  Weekly sessions
-  Informational workshops including mental health awareness, coping with stress, alcohol awareness and inspirational speakers.
-  Physical activity sessions including bowling, badminton, table tennis and golf.
-  Daytime and evening cohorts available
-  Sustained physical activity sessions & walk & talk sessions
-  Sustained Extra Time sessions to chat in a safe, informal environment.
-  Other activities designed to improve mental wellbeing including singing.

There are a number of local partner organisations involved providing support and delivery in informational workshops. These include NHS Healthy Minds, Recovery Near You, Service User Involvement Team, Wolverhampton Samaritans & Starfish Social Hub.

**If you are 18+ and interested in getting involved in the project:**

**Males** - please contact Matt

 [\*\*mattcampbell@wolves.co.uk\*\*](mailto:mattcampbell@wolves.co.uk)

 07908 101 608

**Females** - please contact Megan

 [\*\*meganwalters@wolves.co.uk\*\*](mailto:meganwalters@wolves.co.uk)

 01902 828366

## Useful Contacts



**Samaritans – Open 24/7**

Call: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Free to access

# shout

**SHOUT – Open 24/7**

Text: 85258

Free to access



Make an appointment with your GP who can signpost and refer you to local services.





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