

THRIVE IN THE HIVE

HUB Individual Wellbeing Management Plan

WELLBEING IN A HUB ENVIRONMENT:

Being in a Hub environment is a unique experience for all involved. However, you have a wide variety of individual strengths that will help you thrive in such an environment. Setting yourself up for success in the Hub requires you to apply these strengths and adopt healthy wellbeing practices from the get-go (not just if/when the cracks start to appear). This Individual Wellbeing Plan is designed to help raise your awareness of your strengths, know your early warning signs for when things aren't going great, and individually tailored strategies to implement to increase your likelihood to Thrive in the Hive.

HUB INDIVIDUAL WELLBEING MANAGEMENT PLAN

This Wellbeing Plan is intended to be completed by you together with your PDM and/or Team Psychologist (either face to face or via teleconferencing/phone). It is optional, and you may choose to complete none, some or all of it. You can choose between having your completed Plan printed out and/or emailed to you so you have easy access to it in the hub. If you have any questions about how your information will be managed please do not hesitate to discuss this with your PDM and/or Psychologist at any time

I KNOW I'M THRIVING WHEN :



Thriving is when you are at your best (Green Light):

ENVIRONMENT <i>(e.g: Training)</i>	THOUGHTS/MINDSET <i>(e.g: Easily refocus, positive, open to feedback, clear-headed and logical)</i>	FEELINGS <i>(e.g: Confident, motivated, easygoing, energised)</i>	BEHAVIOURS <i>(e.g: Good banter, smiling)</i>
Training			
In my downtime <i>(e.g: consider activity choices, appetite/food choices, sleep, screen time/social media use)</i>			
Around others			
Game day			

I KNOW I'M STRUGGLING WHEN :



Consider your Stress Signature for the following situations. I know I'm struggling mentally (Amber Light) when:

ENVIRONMENT <i>(e.g: Training)</i>	THOUGHTS/MINDSET <i>(e.g: Negative, self-critical, take things personally, serious)</i>	FEELINGS <i>(e.g: Irritable, heavy, unmotivated, sensitive)</i>	BEHAVIOURS <i>(e.g: Snappy, quiet, head down)</i>
Training			
In my downtime <i>(e.g: consider activity choices, appetite/food choices, sleep, screen time/social media use)</i>			
Around others			
Game day			

HUB INDIVIDUAL WELLBEING MANAGEMENT PLAN

HOW MAY THE FOLLOWING PEOPLE KNOW THAT I AM STRUGGLING (AMBER) :



Consider your actions and behaviours when you're amber that others might notice and flag:

WHO	YOUR BEHAVIOURS	WHAT CAN THEY DO	ARE YOU HAPPY TO SHARE THIS INFORMATION WITH THIS PERSON?
Team mates/ Buddy			Player to share
Coach			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:
Team Doctor			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:
Strength and Conditioning Coach			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:
Physio/ Masseuse			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:
Family/friends			Player to share
PDM			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:
Psychologist			<input type="checkbox"/> Yes <input type="checkbox"/> No Initial:

IF I'M EXPERIENCING A RED LIGHT (CRISIS):

I commit to speaking to the appropriate support people immediately.

Who I will contact in a crisis:

Within the Hub:

- Doctor:
- Psych:
- Other:

Outside the Hub:

- PDM:
- Psych:
- EAP:



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POTENTIAL UPCOMING ROADBLOCKS :



What are some challenges you may come across while in the hub?

ROADBLOCK (e.g: In hub, not selected to play)	WHAT WILL I DO ABOUT IT (e.g: Continue to train well, help teammates, keep up with uni work)	LIKELIHOOD (e.g: High)	WHO CAN HELP (e.g:team mates, coach)

NOTES

ACTION PLAN

ONCE NOTICED I COMMIT TO:
Acknowledge the feedback

Arrange to talk to:



- PDM
- My Psychologist
- Friend/Family member
- Benestar
- Team Doctor/ CMO
- Other: _____



Increase self-care/things that help me recover:

- Routine
- Social connection
- Relaxation (e.g mindfulness)
- Fun activities
- Gratitude practice
- Other: _____

THINGS THAT HAVE WORKED FOR ME IN THE PAST

NOTES
