

Tennis Australia Performance Wellbeing

‘Wellbeing is not merely the absence of disease or infirmity but a state of complete physical, mental and social well-being’.
World Health Organisation (2014)

Wellbeing can be described as ‘how you feel about yourself and your life.’

Tennis Australia has increased the awareness and importance of establishing positive wellbeing by implementing a Wellbeing program for players and staff who are part of the Performance pathway.

The five pillars of the program are:

- Connection
- Mindfulness
- Give
- Learn
- Be physically active

Wellbeing can be enhanced by incorporating simple activities linked to each of these pillars into your daily and weekly schedule. The Wellbeing Wheel is a tool which can be used to identify these activities. To complete the Wheel follow the steps below.

1. Take a few minutes to self-rate each pillar on the Wheel (from 1-poor to 10-exceptional).
2. Identify your two lowest scores.
3. Your wellbeing can be boosted by addressing these lowest scores. Your challenge is to insert three activities into your week to address your lowest scores. There are suggestions written on the wheel to get you started.

For example, if you scored low on Connection, during the coming week you need to find three people you have not contacted recently and schedule a phone call with them or, better still, schedule time for a face-to-face catch up over a coffee or dinner. Make the effort.

Building the self-awareness, knowledge and skills of our young players to incorporate wellbeing activities into their everyday lives will provide a solid foundation for them to thrive both on and off the court.

Just like learning to change a grip, a new footwork drill or any other on-court skill, wellbeing takes time and effort.

In each High Performance e-newsletter, we will focus on a different wellbeing pillar and provide activities for you to use in both your coaching environment and your own life.

As tennis coaches you play a major role in the lives of your players. At times they may look to you for emotional support, direction and trust. If their forehand or backhand is a weakness, they may lose a point, a game or even a match. But if their wellbeing is not ‘coached’ and developed we could lose so much more.

Depression and anxiety are among the most common mental health problems experienced by young people aged 14-26yrs, with anxiety being the biggest mental health concern in society today.

According to Beyond Blue, young people aged 14-26 years,

- 1:4 will experience a mental health condition
- 1:6 is currently experiencing an anxiety condition
- 1:16 is currently experiencing depression.

The mental health of Australian youth is a major concern and we all have a role to play in improving it. As they say ‘it takes a village to raise a child’, so welcome to the tribe.

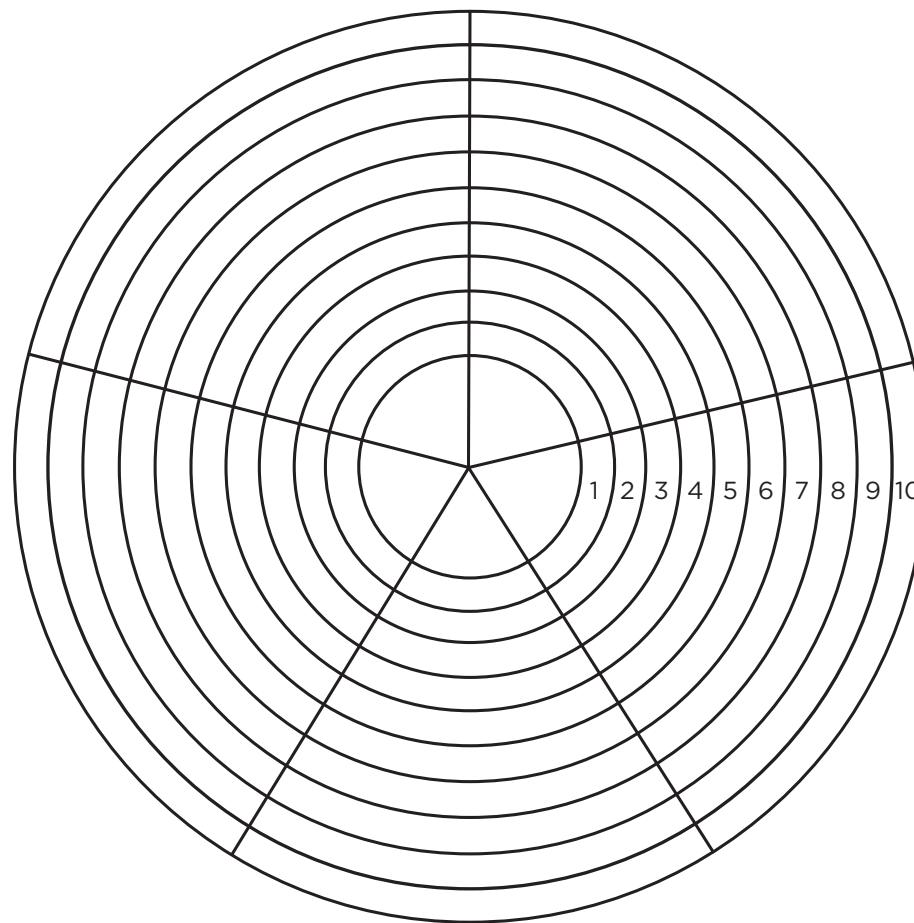
Wellbeing wheel

Learn...

Keep learning. Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Mindfulness...

Take notice. Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing of seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Connection...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the corner stones of your life and invest time in developing them. Building these connections will support and enrich you every day.