



# 21 DAY RESILIENCE JOURNAL

STATE  
OF MIND

THE  
RESILIENCE  
PROJECT





B 88 60 AWF KEEPING NZ WORKING AWF.CO.NZ

THIS IS THE  
RESILIENCE  
JOURNAL OF:

THE **KIWI** WAY

| 21 DAY RESILIENCE JOURNAL |

**The National Rugby League would like to acknowledge Hugh van Cuylenburg, Director of the The Resilience Project, for educating our game about the importance of resilience through gratitude, empathy and mindfulness.**

It is with appreciation that we attribute the content of this journal and the associated presentation as an extension of his work.

The NRL is committed to the wellbeing of all our players, coaching staff, volunteers, fans and community members. Our vision is for all those who participate in our game to flourish not just in their roles within the game but as people.

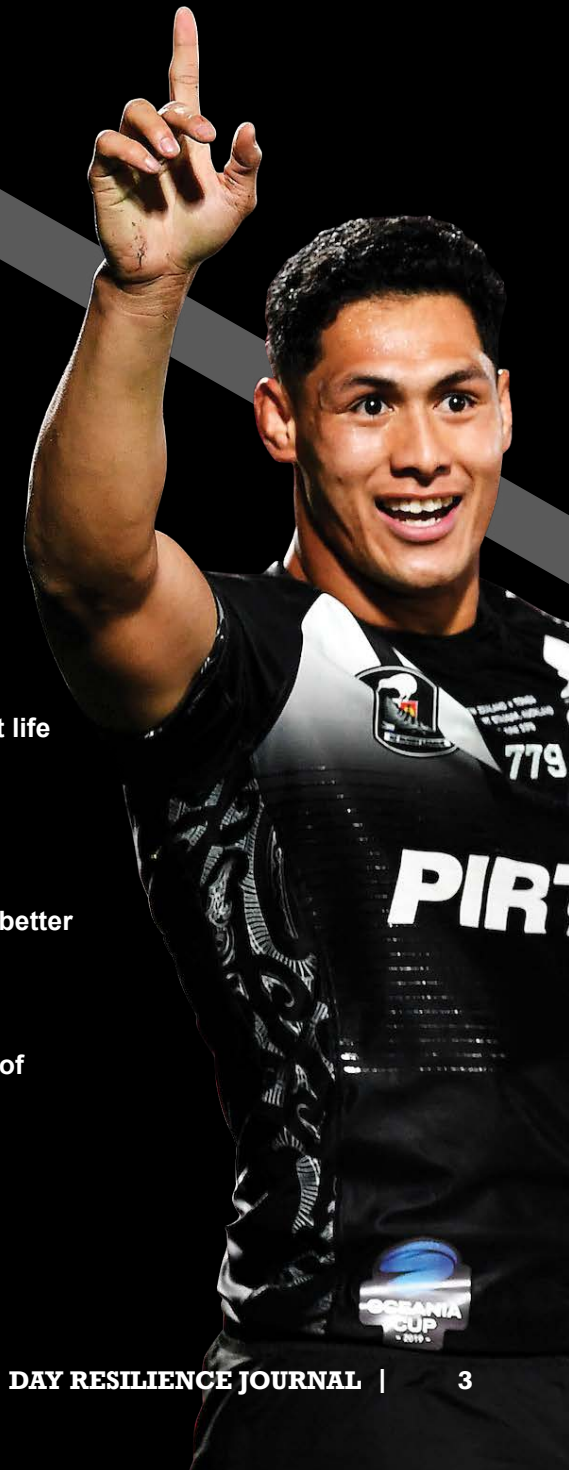
The Resilience Project was initially engaged at the NRL level but with an overwhelming amount of positive feedback it was decided that these techniques and strategies were too good not to share with the rest of the Rugby League family.



Research tells us that some of the things that will start to happen for you when you complete these daily tasks are:

- › You will be less likely to get sick
- › Feel happy more often
- › Feel more positive about life
- › Be more alert
- › Be more enthusiastic
- › Feel more determined
- › Be able to pay attention better
- › Have more energy
- › Sleep better
- › Experience lower levels of depression and anxiety

*(University of Massachusetts)*



# DAY 01

> A bucket list is a list of things you wish to achieve or do in your life. Try writing a reverse bucket list. This is a list of things that you have already achieved that you are really proud of.

*Don't be humble here!*



# DAY 02

> What was the best thing that has happened to you today?

> What are you looking forward to most tomorrow?







# DOWNLOAD SMILING MIND APP



Find the Smiling Mind app, download it and create a login today!



## WHAT IS SMILING MIND?

Smiling Mind is modern meditation for young people. It is a unique web and app-based program, designed to help bring balance to young lives.

It is a non-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.

# DAY 08

- > Write a list of 5 people that you have met that have made a big impact on your life. If you feel comfortable, you could let them all know they were on the list.

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# DAY 09

> What was the best thing that happened to you today?

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> Who are you most grateful for today and why?

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> What are you looking forward to most tomorrow?

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# DAY 10

> **Smiling Mind Meditation**

1. Login to **Smiling Mind**
2. Click on All programs and select your age group.
3. Scroll through the available options and select a meditation to try.
4. Complete the meditation.

> How did you feel before the mindfulness activity?

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> How did you feel after being mindful?

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# TWO WEEKS DOWN!

**WHAT A LEGEND!**

Carry on that momentum into the final week

# DAY 15

> What was the best thing that happened to you today?

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> Who are you most grateful for today and why?

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> What are you looking forward to most tomorrow?

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# DAY 16

> Which is your favourite NRL club?  
Which player represents what the club is all about, and why?

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# DAY 17

- 1. Log back into the Smiling Mind.
- 2. Explore the app.

You can choose to repeat the meditation from Day 10 or you can try a different one. **Remember some of the high profile NRL players are utilising this app to increase focus, manage their anxiety and to get a better night's sleep.**

> Which meditation did you use?

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> How did you feel after completing this meditation?

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# DAY 18

> Complete the table below.

For each box identify something positive you have learnt about yourself in the last twelve months?

<b>RELATIONSHIPS WITH FAMILY OR FRIENDS</b>
<b>AS A STUDENT OR AN EMPLOYEE</b>
<b>CULTURALLY OR SPIRITUALLY</b>

# DAY 19

> Tell someone you love them and mean it! Whether it's a text message, to their face or even via an Instagram DM. Make sure you tell them why you love them.

> How did it feel to complete this task?

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# DAY 20

> Think of a child in your life that you would like to have a positive influence on. They could be a younger sibling, cousin or a child you know from your community. Select an activity they like to do and spend some quality time with them doing it.

**Don't forget to ask their parent or guardian first!**

Some ideas could be taking them to the park to kick a footy around, building a fort in the backyard, shouting them to the movies or teaching them a new skill like playing the guitar.

> Who did you choose?

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> How did the child react to you spending time with them?

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# 10 TIPS FOR

# Mental Wellness



## 1. REGULAR EXERCISE

Keeping your body active and physically strong provides benefits for your mental wellbeing as it plays a role in reducing and preventing stress. Exercise does not have to consist of a workout at the gym. Alternatives may include: a walk, a bike ride, work in the garden, stretching, yoga or light weights.



## 2. HEALTHY EATING

Ensuring that we have a balanced diet and are getting the right nutrients to fuel our body supports our central nervous system and improves overall health. Choose foods that sustain your energy throughout the day and avoid foods high in processed sugar.



## 3. GET PLENTY OF SLEEP

It's important to get a good night's sleep. It is recommended that adults get eight hours of uninterrupted, good quality sleep. Sleep is a universal prerequisite to health and happiness. If you are experiencing problems with sleeping you should seek help. There are all kinds of simple strategies to help you sleep better.



## 4. MAKE TIME FOR FUN

Make time for leisure activities that bring you joy, whether it be reading, watching a movie, connecting with others or taking a bath. Your body needs time to take a break from your responsibilities and recharge.



## 5. AVOID ALCOHOL, CIGARETTES & DRUGS

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to 'self-medicate' but in reality, alcohol and other drugs only aggravate problems.

## 6. LAUGH

Nothing makes you feel better about yourself or the world around you than a good laugh. It's a great medicine, especially if you can learn to laugh at yourself. Laughter can be very therapeutic so try to incorporate laughter into your day.

## 7. CARE FOR OTHERS

Doing things for others is a great tonic when you're feeling down. Helping a friend, family or a community organisation can make you feel included and empowered. Caring for others also helps to develop perspective and realise we are not alone.

## 8. TAKE THINGS ONE AT A TIME

It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Make yourself take a break.

## 9. BUILD A STRONG SUPPORT SYSTEM

Surround yourself with positive people, avoid people or situations that drain your energy. Ensure that your support team offers unconditional love. Network with others who are motivated and aligned with your passions and purpose, and contribute genuinely to the group effort.

## 10. PRACTICE GRATITUDE

Having an appreciation for what you do have instead of focusing on what you don't have is a very important part for your mental wellbeing. Choosing to focus on the things that are going well or the things you are grateful for can really improve your outlook on life. Some of the small things that you can be grateful for are friends, family, having shelter or access to education.







## New Zealand Mental Health Services

**YOUTHLINE** 0800 376 633

**DEPRESSION HELPLINE** 0800 111 757 or free text 4202

**THE LOWDOWN** free text 5626



**NEED TO TALK?**

Free call or text **1737** any time, 24 hours a day.

## NRL Mental Health Partners



**Black Dog  
Institute**

**BLACK DOG INSTITUTE**

+61 2 9382 4530

[blackdoginstitute.org.au](http://blackdoginstitute.org.au)



**headspace**  
National Youth Mental Health Foundation

**HEADSPACE**

[headspace.org.au](http://headspace.org.au)



**LIFELINE**  
AOTEAROA

**LIFELINE AOTEAROA**

0800 LIFELINE

(0800 543 353)

[www.lifeline.org.nz](http://www.lifeline.org.nz)



**0800kidsline**  
It helps to talk.

**KIDS LINE**

0800 543 754

[www.kidslines.org.nz](http://www.kidslines.org.nz)



**LeVa**

**LE VA**

[leva.co.nz](http://leva.co.nz)



**headspace**

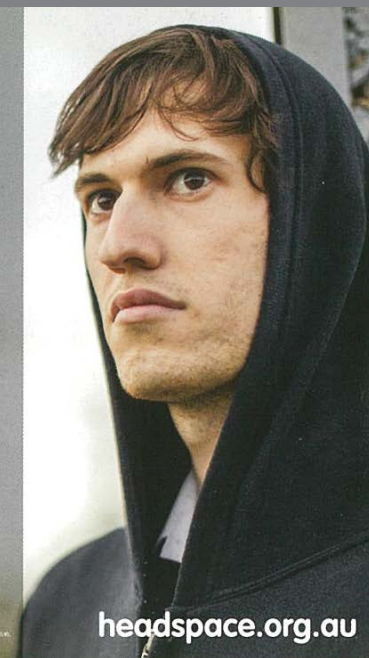
National Youth Mental Health Foundation

**headspace can help young  
people 12 - 25 with:**

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

For further information, to find your nearest  
**headspace** centre or for online and telephone  
support, visit [headspace.org.au](http://headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.



[headspace.org.au](http://headspace.org.au)



**When  
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figure out  
your problems

[www.auntydee.co.nz](http://www.auntydee.co.nz)

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**LeVa**

Igniting communities.  
creating change



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**THE  
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PROJECT**



For more information visit -

[nrl.com/stateofmind](http://nrl.com/stateofmind) and [theresilienceproject.com.au](http://theresilienceproject.com.au)

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