



**sasp**   
Somerset Activity & Sports Partnership



 **UNBREAKABLE**  
**MEN**

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**MANUAL**



W E L C O M E T O



Unbreakable Men has been created to raise awareness around Men's mental health in the sporting community.

SASP want the project to allow men to feel at ease with the conversation around mental health, obliterate the taboo around the subject and allow sports clubs to become open environments on this topic.

Unbreakable Men is set out in a challenge format to fire up people's competitive nature and get the participants thinking about their lifestyles.

4 themes of  
**UNBREAKABLE  
MEN**

**Mindset**  
**Energy**  
**Family**  
**Self-Care**

These 4 themes are the focus for the challenges as they are 4 key areas that have a huge impact on people's lives and ones that really make a huge difference to your mental health and how you feel every day.

# How to use this **MANUAL**

The manual is split into sections and focuses on 4 specific themes:

**Mindset**  
**Energy**  
**Family**  
**Self-Care**

The idea is to work on 1 theme at a time. For example a theme a week or whatever time frame has been decided within the group.

Each theme starts with a short explanation of what the theme is all about followed by the 'How's your habits' section. This section is designed to get you thinking about your lifestyle and help you put your attention on your current habits.

Simply pick one of the challenges for that theme and fully commit to completing it for the time frame you have. You can track your progress by using the tracking sheet which is on the page straight after each theme's set of challenges.

The pages after the challenge sections include a space for journaling and notes and a page of helpful Public health resources.

**If you wish you can pick more than one challenge in a theme, although make sure you only do more than 1 if you can fully commit to it.**



## Theme 1: Mindset

Mindset is the way you view the world around you, your perceptions of what is happening and how you react towards these things.

What you place your attention on is what grows and will ultimately determine how you feel about things i.e. if you constantly focus your attention on annoying little things, you'll constantly feel reactive and annoyed at everything. Where attention goes energy flows!



## Theme 1: Mindset

### State=

The way you feel at a precise moment in time. If you are feeling low, tired or annoyed you can shift your state almost instantly and change the way you feel.

#### State changes

The best three ways to change your state are:

##### Physical:

Get up and move, do some exercises on the spot, get out and about or just put some music on and dance around to your favourite song.

##### Focus:

Change what you are focusing on and put your thoughts onto something different. A good way to do this is to get around some people, meet a friend, take your mind somewhere else and do something completely different.

##### Language:

If the language you are using is intense, depressing and like it's the end of the world that's how you are going to feel. Try using some funny words like "That has peeved me off", or "How silly" to lighten the situation.

### Sedation=

How you distract yourself from the world around you and take your mind off any problems you have or stressful situations you have going on. Common methods people use are alcohol, drugs, junk food, isolation and social media.

### How's your habits?

How do you sedate to avoid things in your life? (Drink, Drugs, Junk Food, Social Media, Isolate yourself).

How often do you focus mainly on the things that aren't so great in your life and forget about the good things/ appreciate the good things you have going on?

Are you very reactive to the people around you i.e. friends, family, work colleagues? Do you let them effect you and often let others impact on your day?



# Mindset challenges

## Challenge #1

Every morning before you start your day take 5 minutes to write these questions down and answer them in the journal section of the MANual. (writing them down affirms them).

What I appreciate about Me is?  
(example: I appreciate I am kind.)

.....

.....

Why I appreciate a Family Member/  
Friend is ?

.....

.....

What I appreciate about Today is?

.....

.....

Today I am going to be?

(write 3 or 4 relevant to you)  
e.g. confident, energetic, kind, caring, assertive, lively,  
calm, understanding.

.....

.....

.....

.....



## Challenge #2

Practice some or all the 3 state changes every time you feel a bit low/fed up or peeved!

## Challenge #3

At the end of each day write down your 3 x best bits, these can be big or small i.e. got a promotion down to had a nice family meal. Some days might be difficult but there is always some good in every day. This helps you stack and track your daily wins and builds confidence.



# Tracking Sheet: Mindset

## Challenge #1 How many days have you completed your journal?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## Challenge #2 How many times have you successfully changed your state?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## Challenge #3 Record 3 x wins a day for each day of the challenge.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



# Energy

Everyone's energy is limited and it is vital that we protect it because once it's gone for the day it ain't coming back! No matter how much coffee you drink!

Here are some common things that drain our energy:

- Worrying what other people think of you
- Eating junk food
- Not getting enough sleep
- Not moving for long periods of time

You can protect your energy by putting decent fuel into your body, being hydrated, having a good amount of sleep, rest, fun and recovery.

When energy is running low and you're feeling very tired things start to go South pretty quickly, which leads to things like anxiety, anger, lack of patience and feeling overwhelmed.

## How's your habits?

.....  
How many times a week do you drink alcohol or eat junk food?

Roughly how much sleep do you get per night?

Do you use energy thinking about what people think of you or being triggered and reactive to people/events throughout your day?

## Energy Challenges

### Challenge #1

Drink 2 Litres of water every day.

### Challenge #2

Follow this energy boosting morning routine every day. As soon as you get up drink some water, go for a 10 minute walk or do 50 Reps of any exercise i.e. press ups, burpees, star jumps (or a mix of them) and then write down 1 thing you are excited about today and how you want to feel today.

### Challenge #3

Phone black out between 9pm and 11am or a time slot that fits into your lifestyle. Only use your phone for texts and calls, no social media or work related matters.

# Tracking Sheet: Energy

## Challenge #1 Drink 2L of water every day of the challenge.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## Challenge #2 How many times have you completed the morning routine?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## Challenge #3 How many days have you done the phone blackout?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## Theme 3:

# Family

Being present at home or when with friends is crucial to get the most out of your time with them. If you are thinking about other things or what needs to be done in the future you'll be distracted, end up with your focus elsewhere and not enjoying being with the people around you.

This means giving the person you are with at home/friends your full attention, actively listening to them and when talking to or playing with your kids you are being fully engaged with your kids.

Quality time with friends and family =

- No distractions
- Be fully present

## How's your habits?

Are you often fully present at home or when with friends?

Have you told your partner/kids/family member/friends that you appreciate them lately?

Do you reach out to friends or do you isolate yourself or wait for them to call you?

## Family Challenges

### Challenge #1

When at home or spending quality time with friends/family don't have any work emails/Facebook or any other distractions. Solely interact with those you are with. For example don't get on your phone until the kids are in bed or whilst seeing friends.

### Challenge #2

Make time for a 1 to 1 date with your partner or kids or make the effort to see friends at least twice in the time you are doing the Family part of the challenge.

### Challenge #3

Send someone in your family or a friend 1 x appreciation message for every day you are doing the Family challenge. This is a simple text message, post it note left somewhere at home or face to face. Simply tell them something you appreciate about them.

# Tracking Sheet: Family

**Challenge #1** How many times have you hung out with the family/friends without work phone distractions?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

**Challenge #2** How many one to one dates with your kids/partner/friends have you done?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

**Challenge #3** Send appreciation message to someone you care for everyday (it doesn't have to be the same person).

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



# Theme 4: Self-Care

We often put ourselves last when it comes to taking care of ourselves. If you are not feeling good you can't expect to be producing the goods at work, at home or in your social life.

## How's your habits?

When was the last time you treated yourself?

How many times a week do you exercise?

Do you often put yourself last and make sure others are all sorted out before thinking about yourself?

## Self-Care Challenges

### Challenge #1

Do something FUN for at least 10 mins a day whilst you are doing the Self-Care challenge. (it could be just 10 minutes of watching comedy, reading, hanging out with friends).

### Challenge #2

Try 2 completely different types of exercise to your normal routine.

### Challenge #3

Do something just for yourself i.e. haircut, massage, go out with friends, cinema at least twice in the time you have.

# Tracking Sheet: Self-Care

**Challenge #1** Do something FUN for yourself everyday (it could be just 10 minutes of watching comedy, reading, hanging out with friends).

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

**Challenge #2** Try 2 completely new ways to exercise that are different to your normal routine.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

**Challenge #3** What have you done just for yourself?  
How many times have you done something just for you?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7





A stylized logo consisting of a blue 'M' shape above a white 'M' shape, both with a 3D effect.

# UNBREAKABLE MEN

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