

# Dr Jo Mitchell

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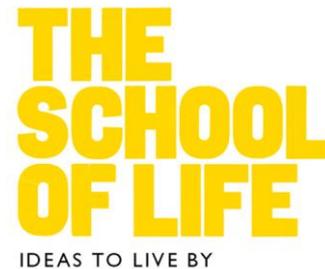
“The **scientific study** of what  
enables individuals and  
communities to thrive.”

IPPA, 2008

A community that inspires people to explore and live their best possible life. Based on wellbeing science, great people and creative collaborations.



- Individual Psychology
- Wellbeing Classes & Events
- We value collaboration, learning, creativity, playfulness & giving.



Larson

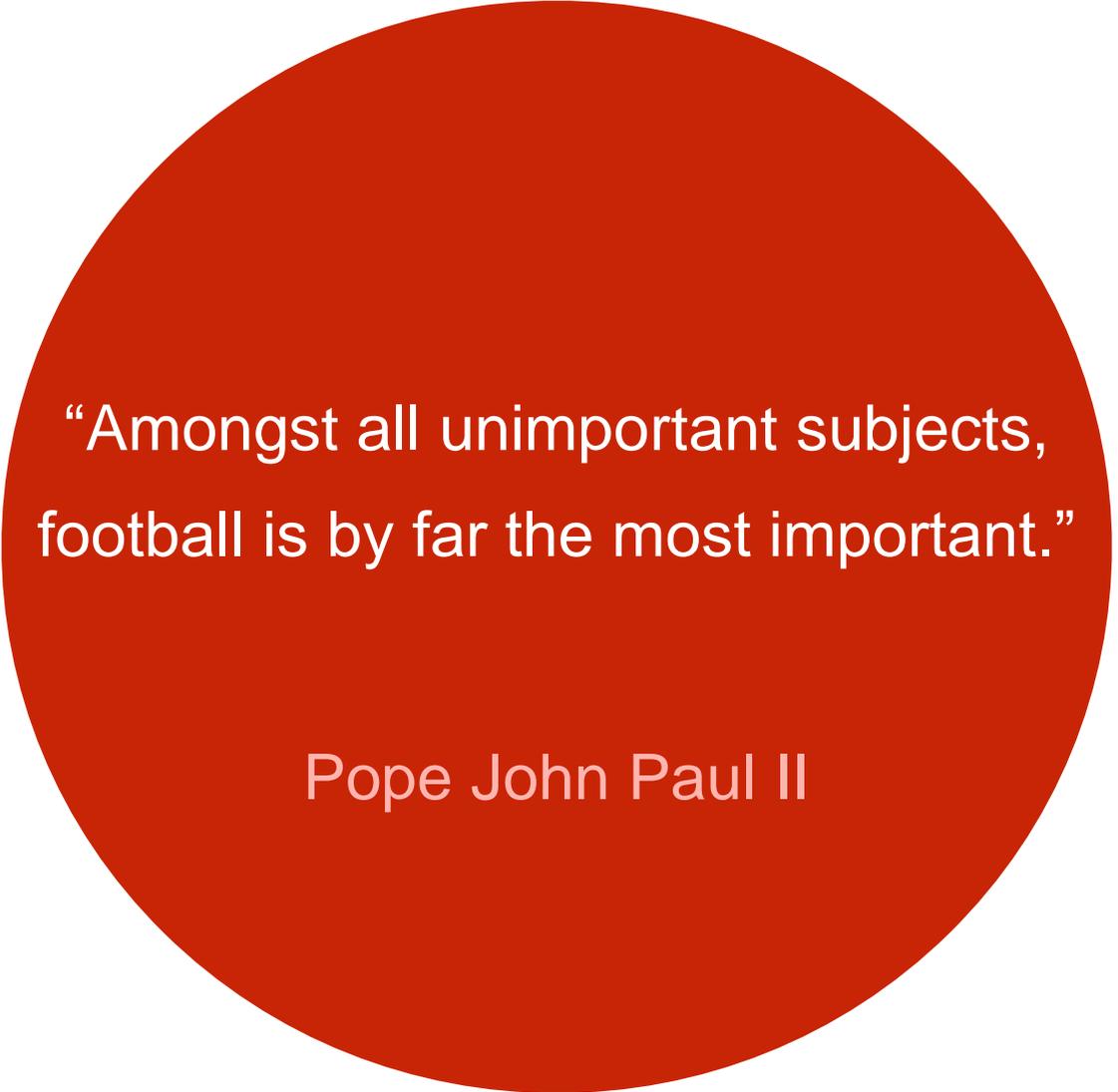
This time I  
won't screw up! I  
won't, I won't, I  
won't, I won't---



The logo consists of a large red circle. Inside the circle, the words "AFL" and "PLAYERS" are stacked vertically in a bold, white, sans-serif font. A thin white horizontal line is positioned below the text.

**AFL  
PLAYERS**

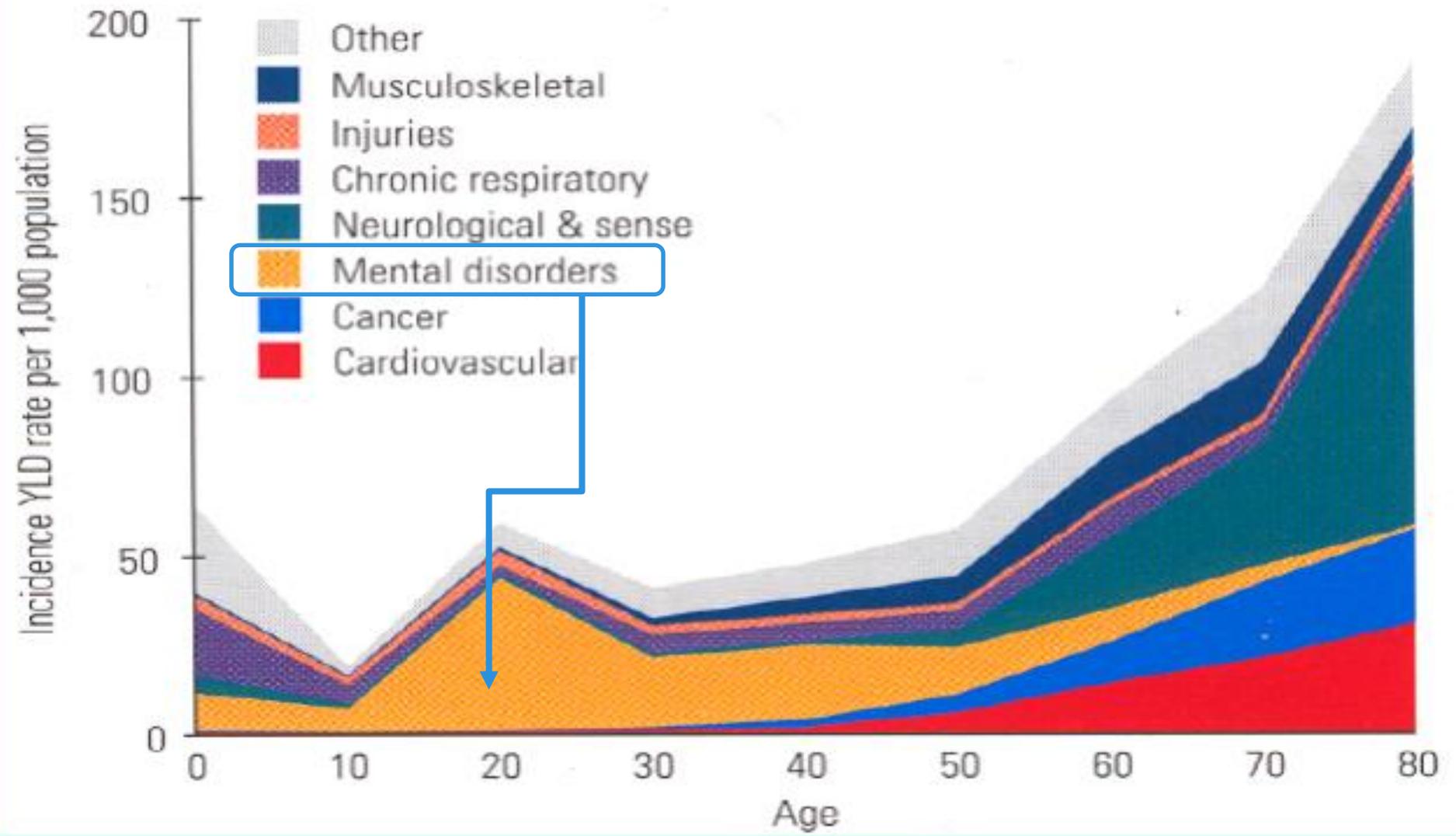
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“Amongst all unimportant subjects,  
football is by far the most important.”

Pope John Paul II

# The Prevalence of Mental Health Disorders in Young People



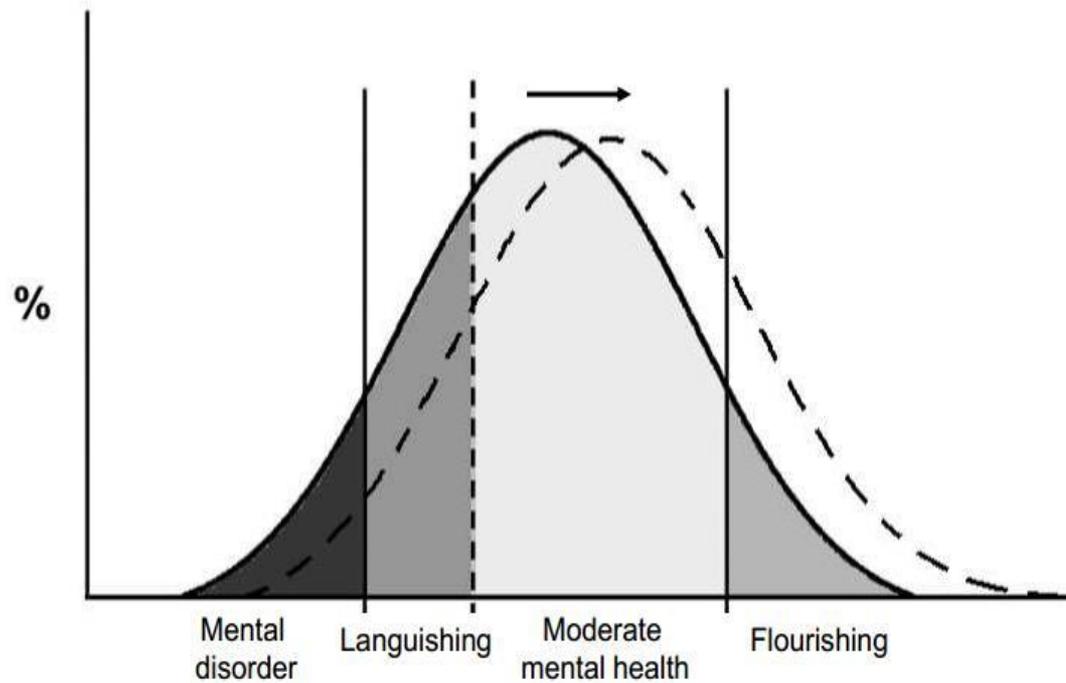
# Young people (15-25 yo)

ABS 2007

**75%** of mental health problems emerge before 25 yo.

Young people account for **27%** of mental health problems each year.

**1** in **4** receives professional help

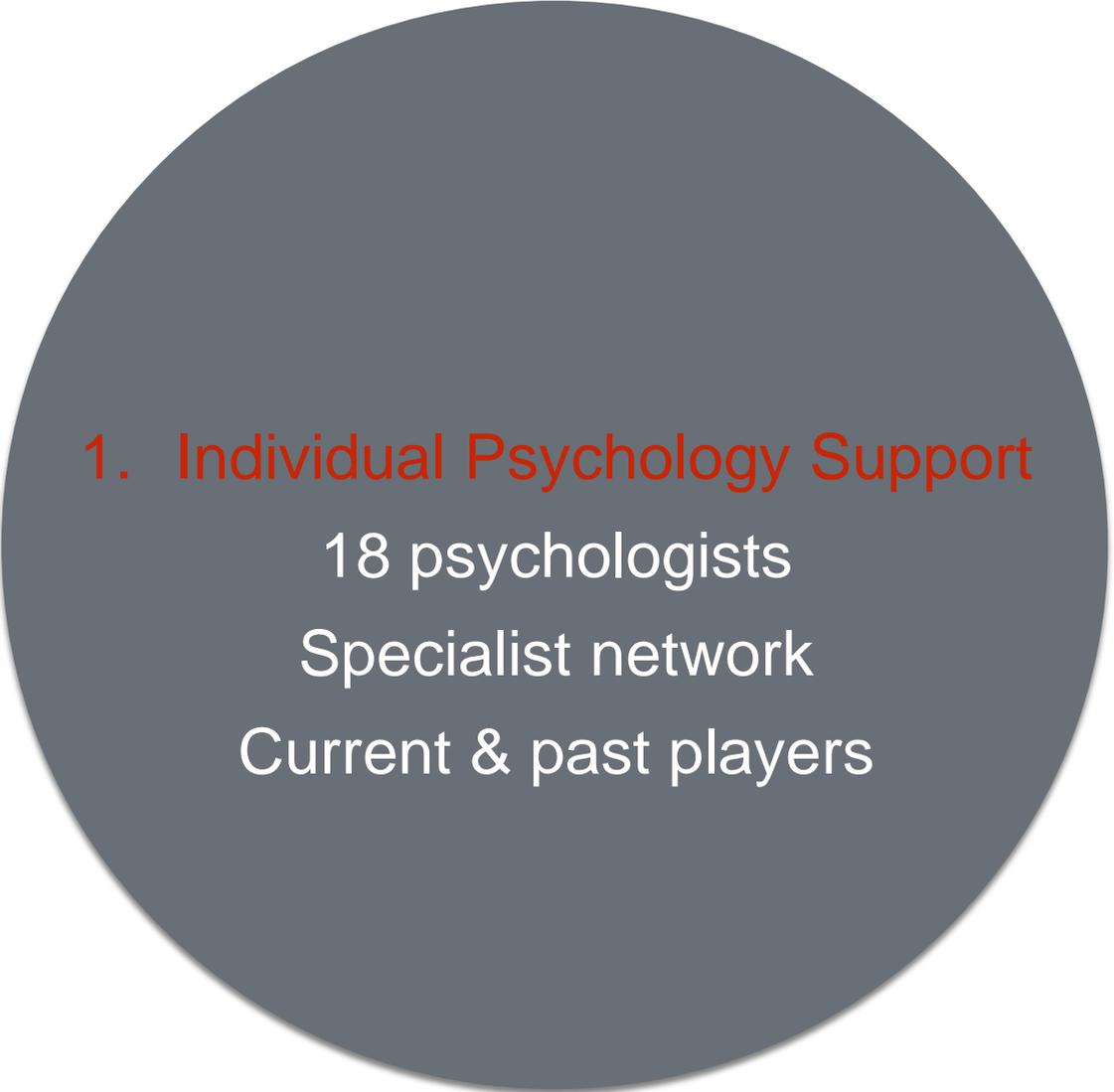


**Figure 1.1.** Shifting the Prevalence of Mental Health towards Flourishing (Huppert & So, 2013)



# AFL Players Wellbeing Strategy

1. Individual Psychology Support
2. Wellbeing Workshops
3. Campaigns



1. Individual Psychology Support

18 psychologists

Specialist network

Current & past players

12 Workshops

iBooks

Apps

Values Ink

#ACT

Stress &  
Stories

#ACT

Surfing  
Emotions

#ACT

Practical  
Mindfulness

#UrbanMindfulness

Wellbeing  
Workout

#5W2W

Strengths  
Spotting

#VIA



# THE ART OF WELLBEING

You've just completed a  
**Wellbeing Workout**



Covering the

# 5 Ways to Wellbeing

Connect

Move

Tune in

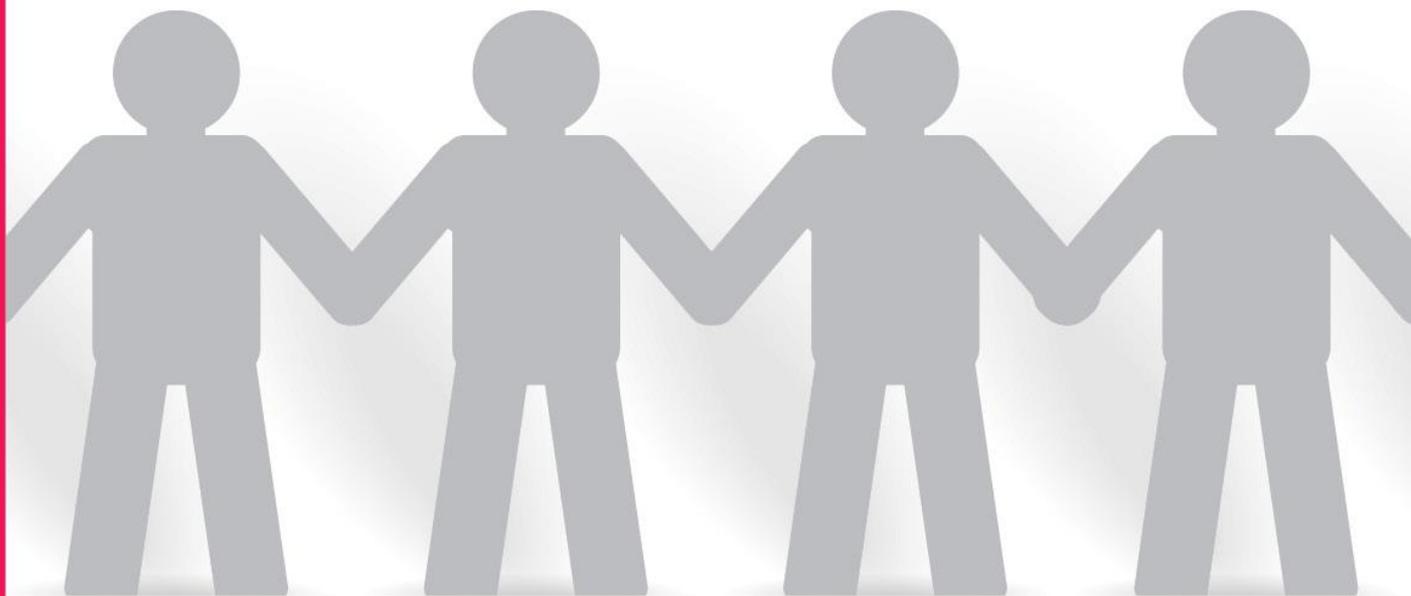
Learn

Give

# CONNECT

## **Build connections**

Connect with different people. Enjoy.  
Share. Invest in relationships.



# CONNECT



**“Weekly family dinner at local pub amongst like-minded folk.”**

Bob Murphy

# MOVE

## **Be active**

Shake it up. Step outside.  
Do what energises you.



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MOVE



**“Walk the dog.  
Go SUP boarding”**

David Mundy

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# TUNE IN

## **Take notice**

Be curious. Mindful. Aware.  
Savour big and small. See detail.





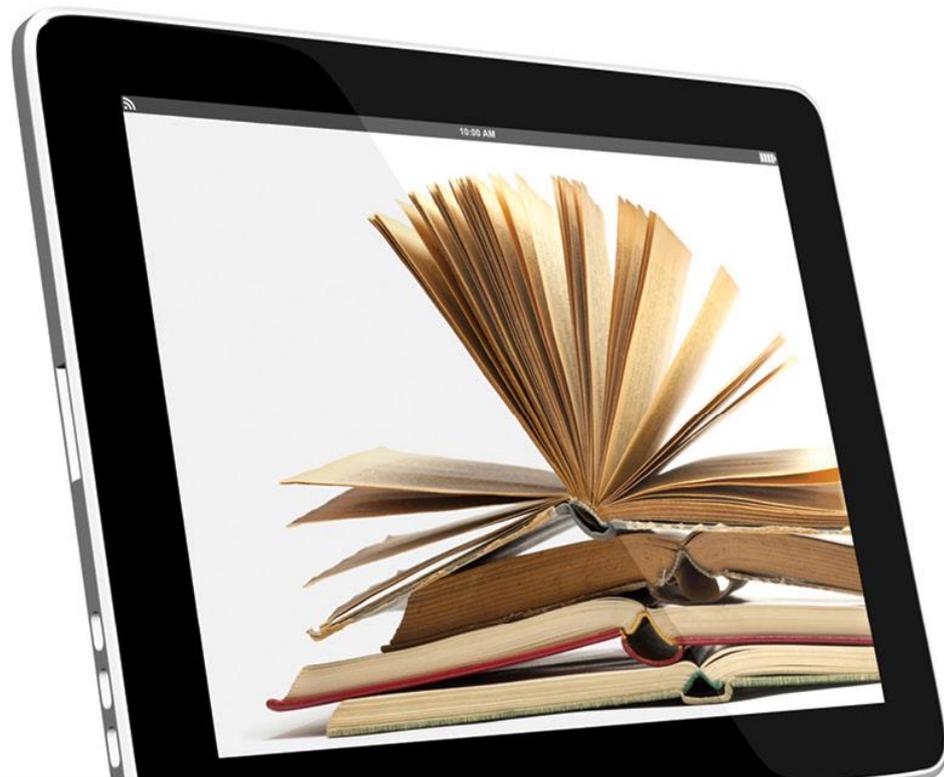
**“Embrace and really notice  
your new city”.**

Ted Richards

# LEARN

## **Try something new**

Read. Watch. Practice. Fix. Try.  
Keep learning.



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LEARN



**“Read autobiographies.  
Read about life.”**

Drew Petrie

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# GIVE

## **Look out, as well as in**

Do something for someone else.  
Smile. Chat. Volunteer. Thank.



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GIVE



**“Give ruck tips to my disabled neighbour who plays in the disabilities league.”**

Ben McEvoy

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# What are your **5 Ways to Wellbeing?**

Connect

Move

Tune in

Learn

Give

# Five Ways to Wellbeing





“Football doesn’t build character...  
It reveals character”

Marv Levy

former American & Canadian football coach



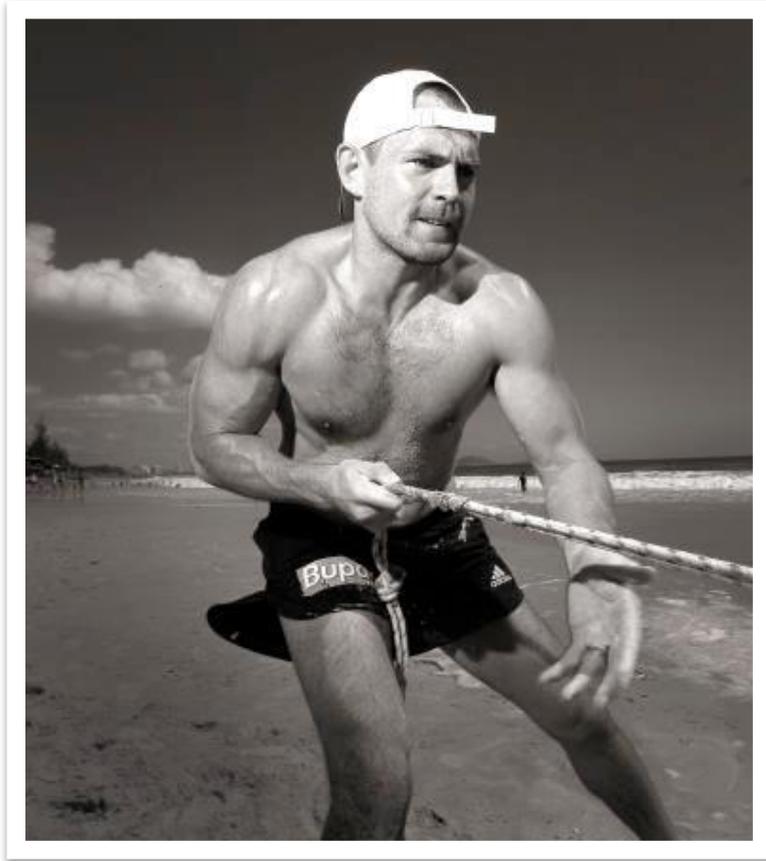
**VALUES  
INK**

for wellbeing  
& performance

How do you  
look after your  
mental flexibility & fitness?



# WELLBEING BENEFITS



## Physical

- More activity, energy & flow
- Increased creativity, self-confidence, self-regulation & ability to cope.
- Better physical health (e.g., strengthened immune system, less pain, lowered stress levels, and greater longevity)
- Better sleep quality

# WELLBEING BENEFITS



## Academic

- Higher grades & performance
- Greater self control
- Less procrastination
- More successful transition to university / further study

# WELLBEING BENEFITS



## Work

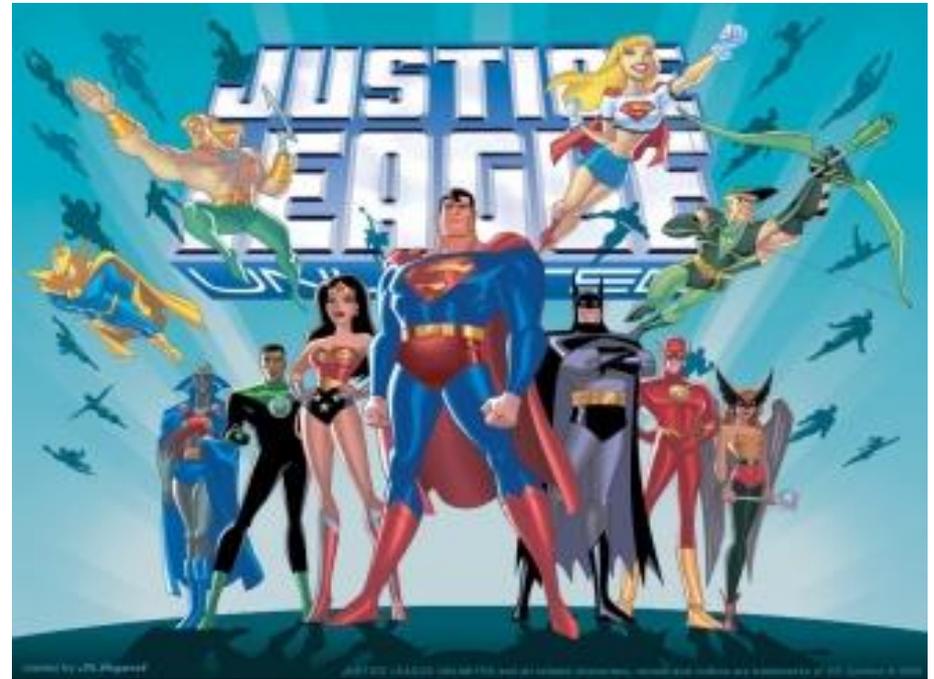
- Greater productivity
- Lower absenteeism



## Social

- More social support & richer social interactions
- More pro-social behaviour

Values can be thought of  
as **what you  
stand for  
as a person**



Connection, adventure,  
learning, love

Values can be thought of  
as **what you  
stand for  
as a person**

Kindness, legacy,  
achievement, safety

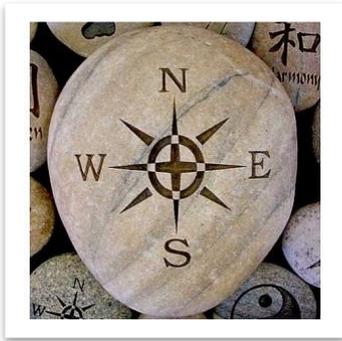
Hope, power,  
competence, success



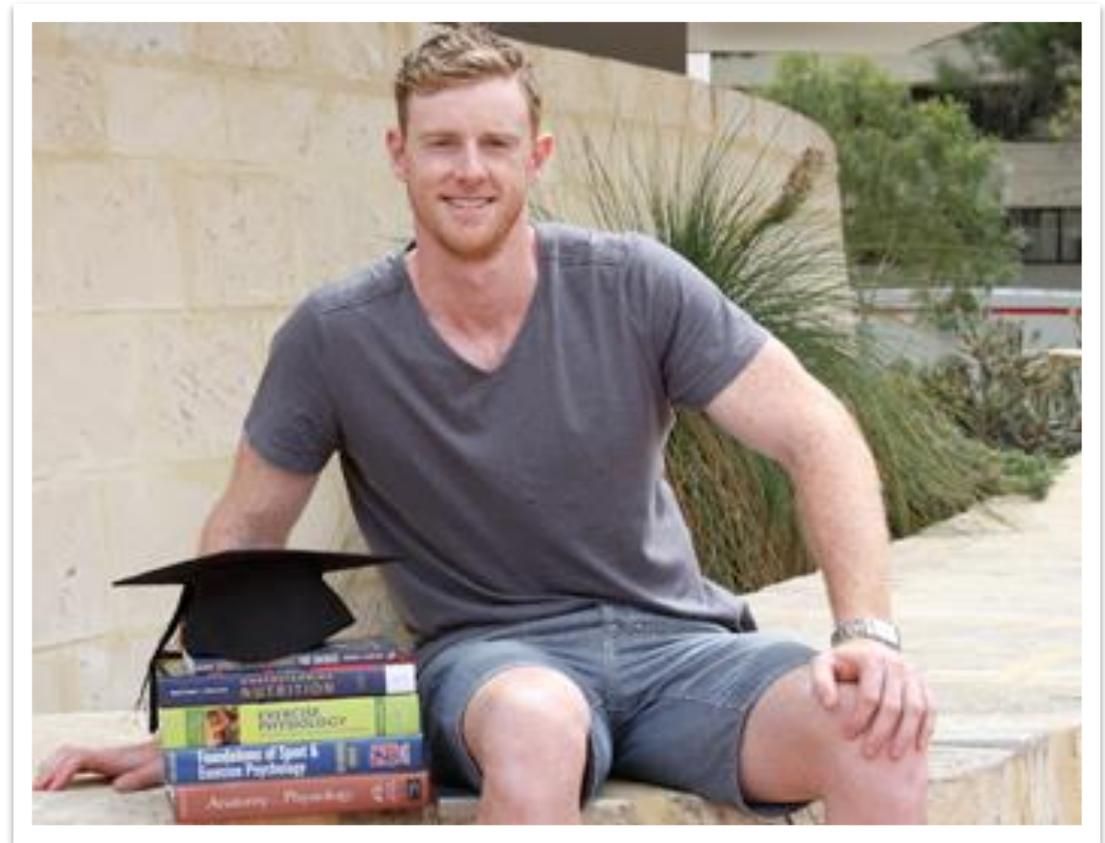


# Values are NOT goals

## VALUES



## GOALS





## Goal

premiership  
success

## Values

teamwork  
achievement  
respect  
integrity  
perseverance

POWER

HOPE

CREATIVITY

COURAGE

ADVENTURE

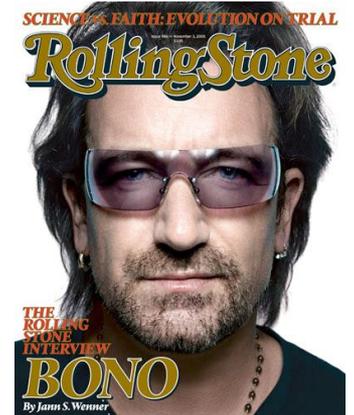
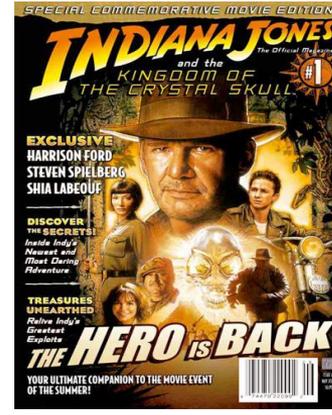
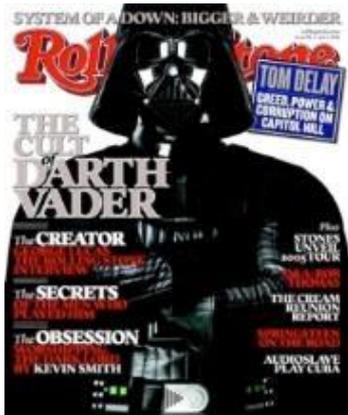
PERSISTENCE

JUSTICE

PEACE

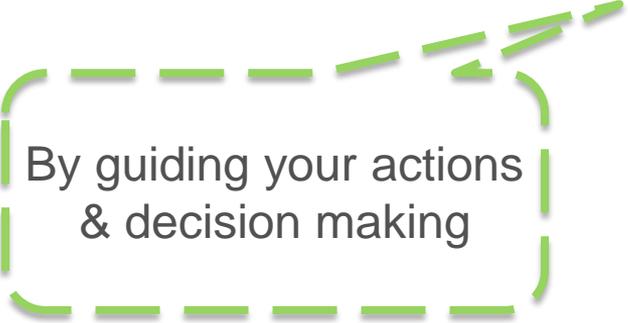
LOVE

ACHIEVEMENT



A dramatic black and white photograph of a lighthouse on a rocky island. A massive wave is crashing over the lighthouse, creating a large, white, turbulent mass of water. A large, semi-transparent profile of a human head is superimposed on the wave, with the wave's crest forming the top of the head and the base of the wave forming the neck. The lighthouse is a tall, cylindrical structure with a dark top section and a white middle section, situated on a rocky outcrop. The sky is overcast and grey, and the sea is dark and turbulent. The overall mood is one of resilience and strength in the face of adversity.

How do VALUES contribute  
to our WELLBEING?



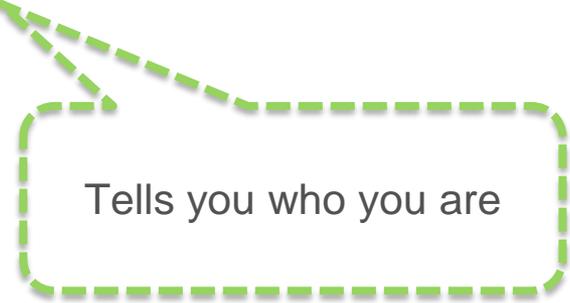
By guiding your actions  
& decision making



Helps with right  
and wrong



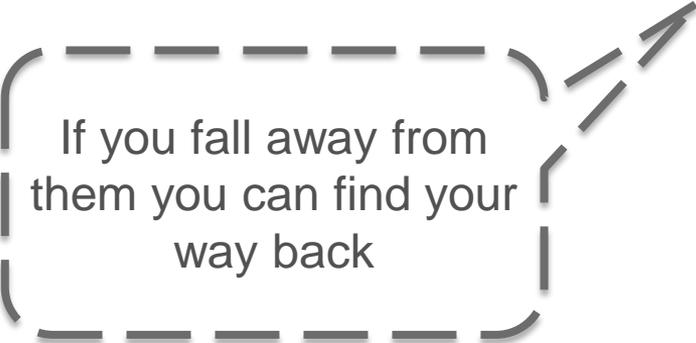
Identifies priorities



Tells you who you are

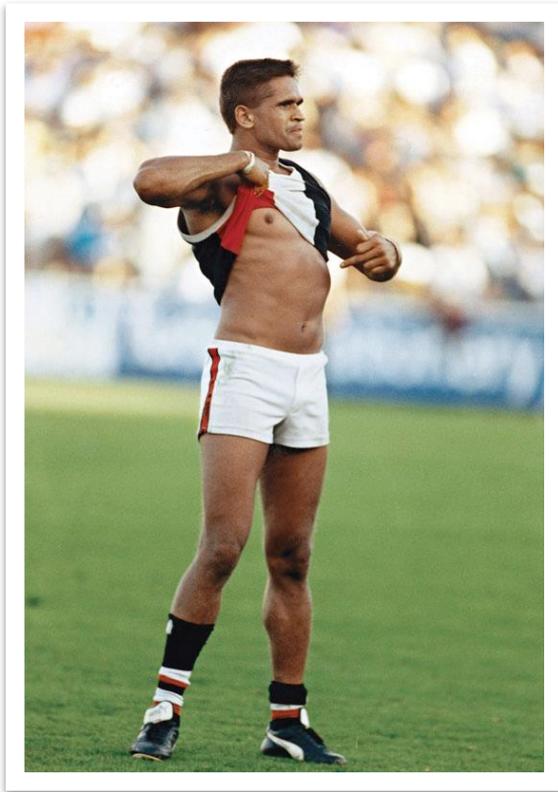


Defines how you interact  
with others



If you fall away from  
them you can find your  
way back

The people we admire often have VALUES we share, or aspire to...





Spotting values  
in yourself



**VALUES  
INK**

---

**for wellbeing  
& performance**



Values mean  
little without...



# Committed **ACTION**



Set goals and take  
steps in the direction  
of your **VALUES**

Committed action from you





# Build your wellbeing by:

Knowing what you stand for in life  
(Values)

Doing what matters everyday  
(Committed Action)





PRACTICAL MINDFULNESS



I am fast and  
efficient!

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19  
20

# The illusion of multitasking

- Switching happens so fast it appears we are performing multiple tasks simultaneously. In reality we are switching back and forth between tasks
- Attentional blink - lag time of 200 to 500 milliseconds; Increased by stress (Slatger, Lutz, et al., 2007)
  - 64 secs to recover train of thought after checking email
  - Check every 5 mins = 8.5 hours per week
- Memory impairment - Information stored in the wrong area of the brain (Foerde, Knowlton, & Poldrack RA., 2006)

WHAT

is mindfulness?

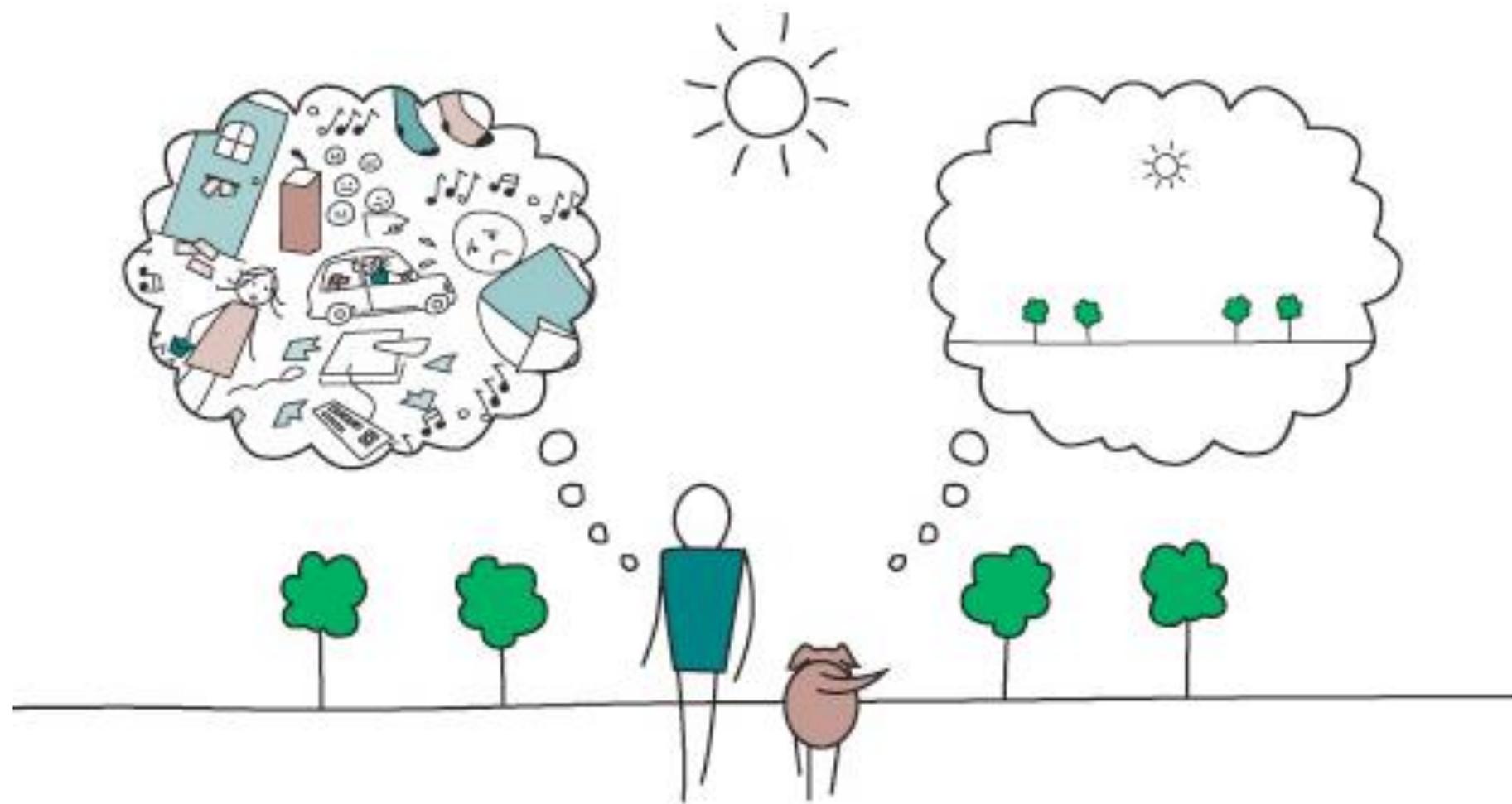
# Mindfulness is about attention and attitude:

## Attention regulation:

- To know where our attention is
- To prioritise where the attention needs to be
- For the attention to go there and stay there

## Mindful attitude

- Openness
- Curiosity
- Acceptance



Mind Full, or Mindful?

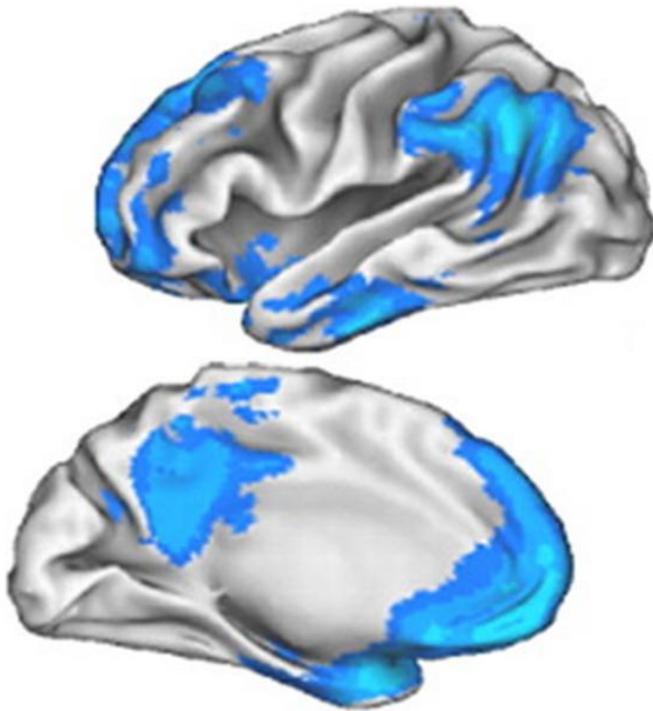
## Have you ever been...?



- Driving and...
- Reading and...
- In a conversation and...
- In a Friday afternoon presentation...

# Brain Default-mode

Default activity



## Active tasks

- Tasks associated with paying attention
- Brain efficient and quiet

## Default state (mode)

- The default-mode network (DMN) is a major resting-state network that supports most of the baseline brain activity
- Mind is inattentive, distracted, idle, recalling past, daydreaming.

# Have you ever been..?



- Totally in the moment?



- Able to let go of your worries or the noise in your head (not judging, analysing, thinking)?



- Able to just be?



## Default Mode

- Time travelling mind i.e., Past or future focus - fantasizing, story telling
- Analysing, judging, problem solving



## Mindfulness

- Stay at home mind i.e., Present moment focus - in the now
- Open, curious, accepting

WHY

mindfulness?

(Benefits of being more mindful)

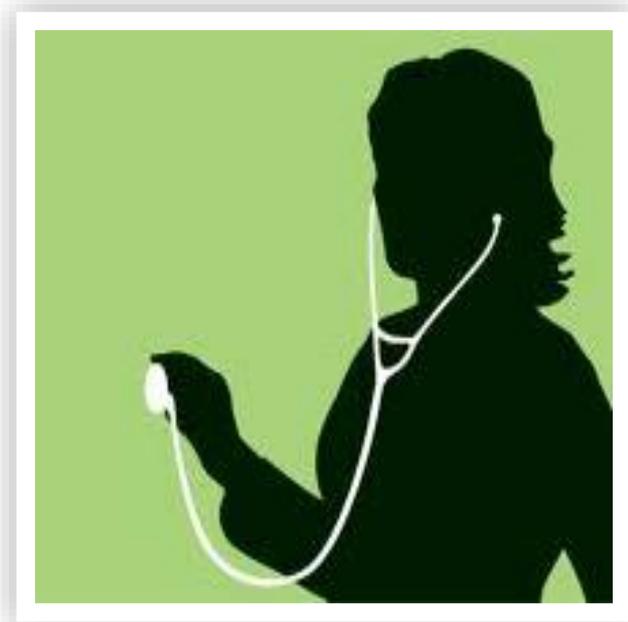
# Mental Illness



- Depression
- Anxiety
- Stress
- Eating Disorders
- Panic disorder
- OCD

# Physical Health

- Immunity
- Health behavior change
- Chronic pain
- Heart disease



# Mind wandering & ageing

↑ Default-mode network

↑ Telomere shortening (genetic marker of biological age)

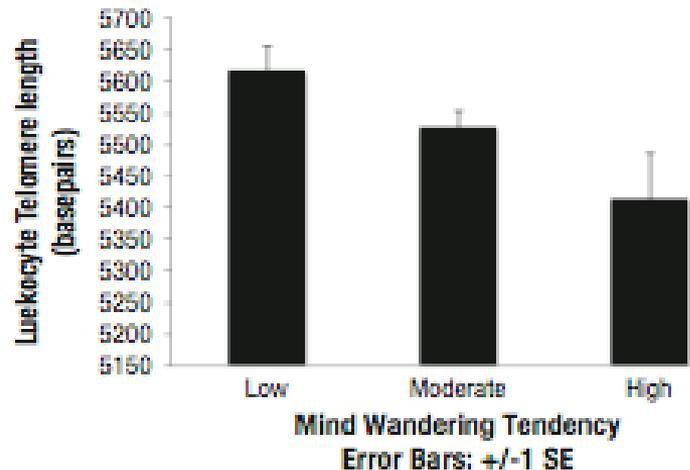


Fig. 1. Leukocyte telomere length by greater mind-wandering group.



# Wellbeing



- Positive affect
- Vitality
- Life satisfaction
- Self-esteem
- Optimism
- Self-compassion
- Quality of life
- Emotion regulation
- Sleep quality

## Mind wandering and happiness

“In conclusion, a human mind is a wandering mind, and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost.”

Killingsworth & Gilbert (2010) Wandering Mind Is an Unhappy Mind. Science.

# Social



- More pro-social & collaborative behaviour
- Increased empathy
- Less aggressive behaviors

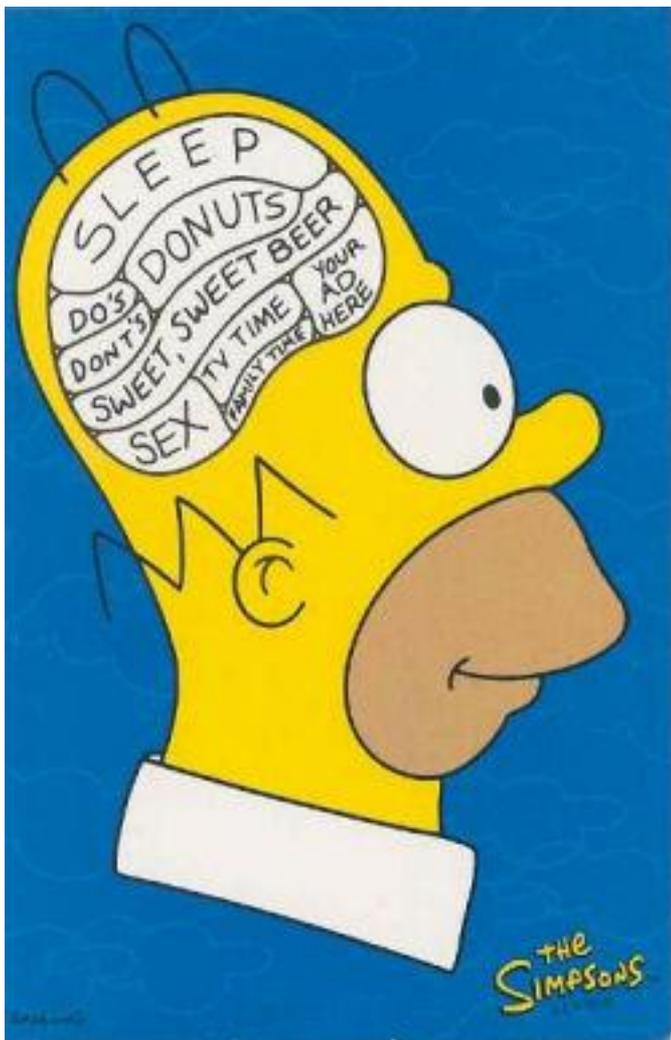
Allen, et al., 2006; Brown & Ryan, 2003; Brown, Ryan, & Creswell, 2007; Ivanovski & Malhi, 2007; Ryan & Deci, 2000; Chang, et al., 2004; Shapiro, et al., 2005; 1998.

# Performance



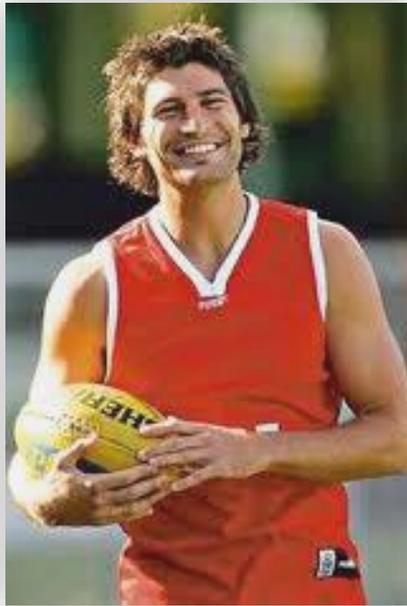
- Increased emotional control
- Improved focused attention
- More task relevant focus
- Better decision making & problem solving
- Better academic performance

Allen, et al., 2006; Brown & Ryan, 2003; Brown, Ryan, & Creswell, 2007; Ivanovski & Malhi, 2007; Ryan & Deci, 2000; Chang, et al., 2004; Shapiro, et al., 2005; 1998.



## Three regions of the brain

1. Frontal lobes (prefrontal cortex)  
centre for executive functioning
  - Attention regulation
  - Working memory
  - Reasoning and decision making
  - Emotional regulation
  - Appetite regulation
  - Impulse control
  - Directs immune system
2. Limbic system – emotion centre
3. Mesolimbic reward system – appetites

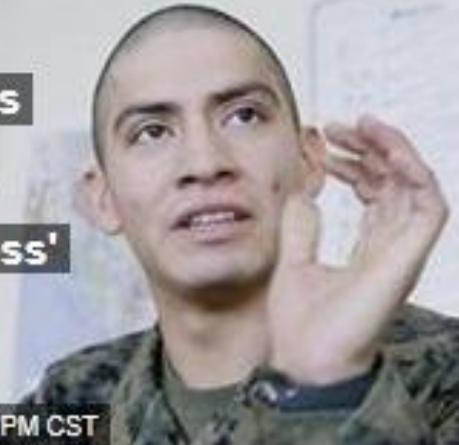


Brett Kirk

“I was someone who worried a lot about my footy and what everyone thought. I would go home and lie awake at night and having meetings in my head, so now I try to live more day-by-day and **be in the present moment.**”

The Australian, 2007.

US Marines  
Meditate,  
Practice  
'Mindfulness'

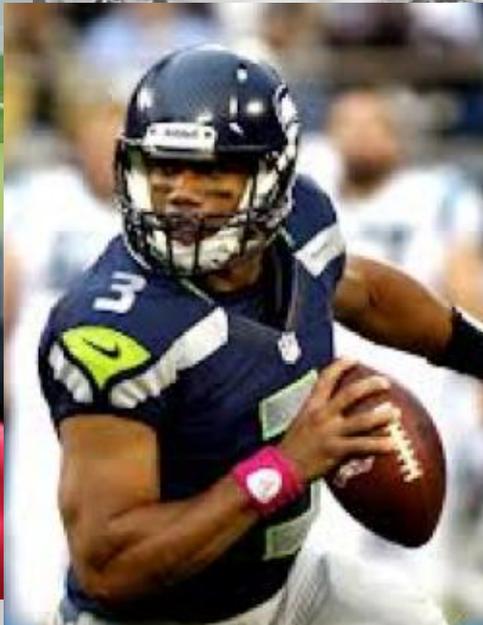
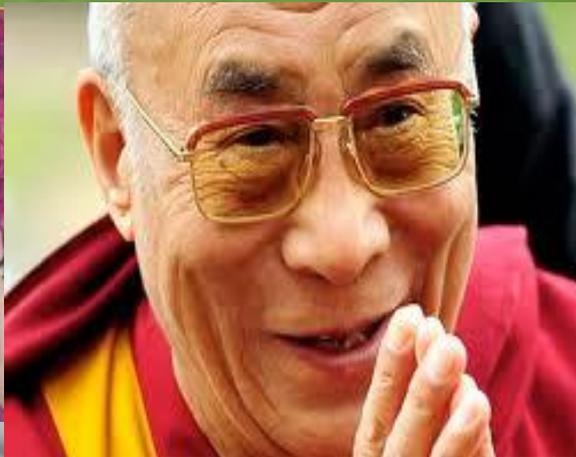


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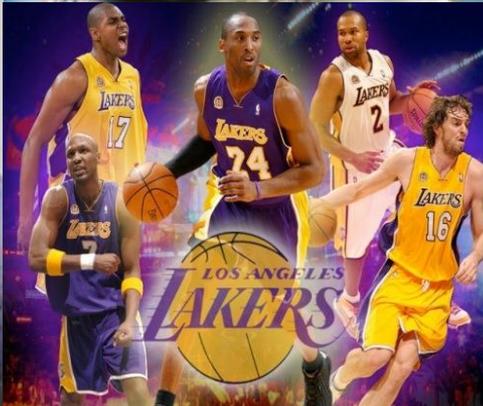
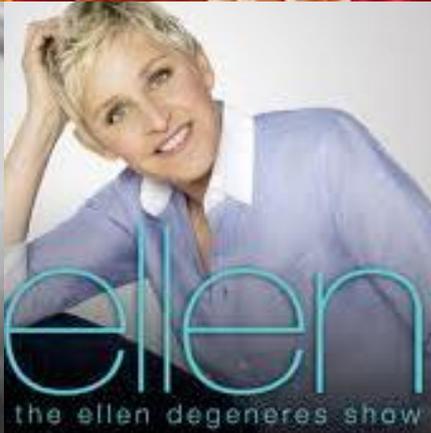


AC Milan

Fuzzy Agolley



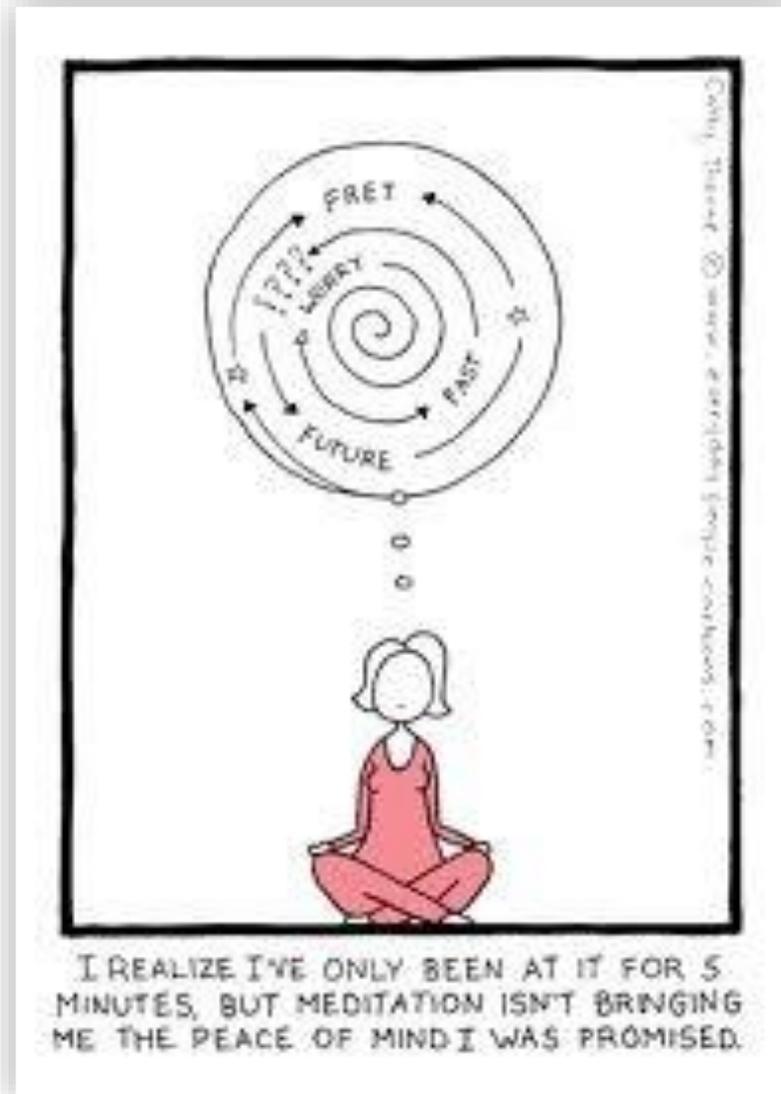
Cameron McAvoy



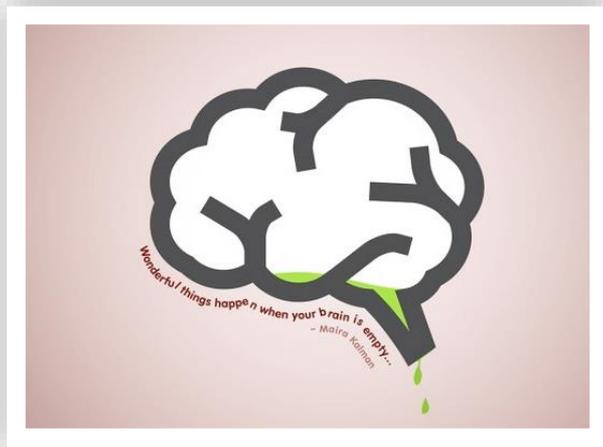
HOW

to be mindful?

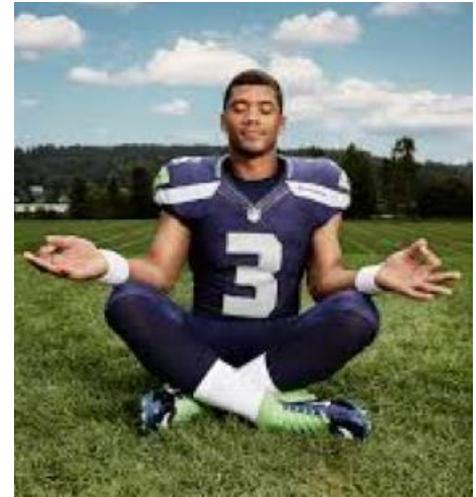
# Formal Practice



# Myth Busting



# Mindful Breathing Meditation



# Mindfulness in Action (MiA)

- 1.** Pick an everyday activity  
E.g. Eating, walking, brushing your teeth, showering, or commuting.
- 2.** Tune in by using your senses  
i.e., touch, taste, hear, see or smell.
- 3.** Notice when mind wanders, gently unhook & bring it back
- 4.** Be accepting & non-judgemental.



# Mindful Movement



# Mindfulness Challenge

Take **5 minutes** per day to be mindful

- Mindfulness meditation
- Daily mindfulness
- Practice tools e.g., Mobile apps or websites

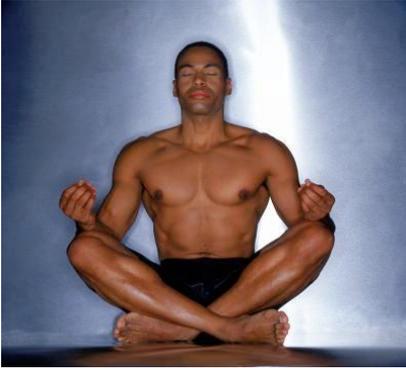


# Mindfulness Tools

- **Smiling Mind** (mobile & web, AUS)
- **Buddhify** (mobile, UK)
- **Headspace** (mobile & web, UK)
- **The Now** (random reminder for 21 days)
- **Re-mindful** (random reminder)



# Mindfulness #2



1. Review & reflect

2. Meditation - **body**

3. Idea - **stress & mindfulness**

4. Daily mindfulness - **social**



# Mindfulness #3



1. Review & reflect
2. Meditation - **emotions**
3. Idea - **mindful attitude**
4. Daily mindfulness - **food**





Happiness is always here,  
it is always now.

Osho

A grey circle containing the text "Wellbeing Campaigns" in white, with "Wellbeing" on the top line, "Campaign" on the second line, and "s" on the third line.

Wellbeing  
Campaign  
s

A red circle containing the text "R U OK? day" in white.

R U OK? day

A red circle containing the text "5 Ways to Wellbeing" in white, with "5 Ways to" on the top line and "Wellbeing" on the bottom line.

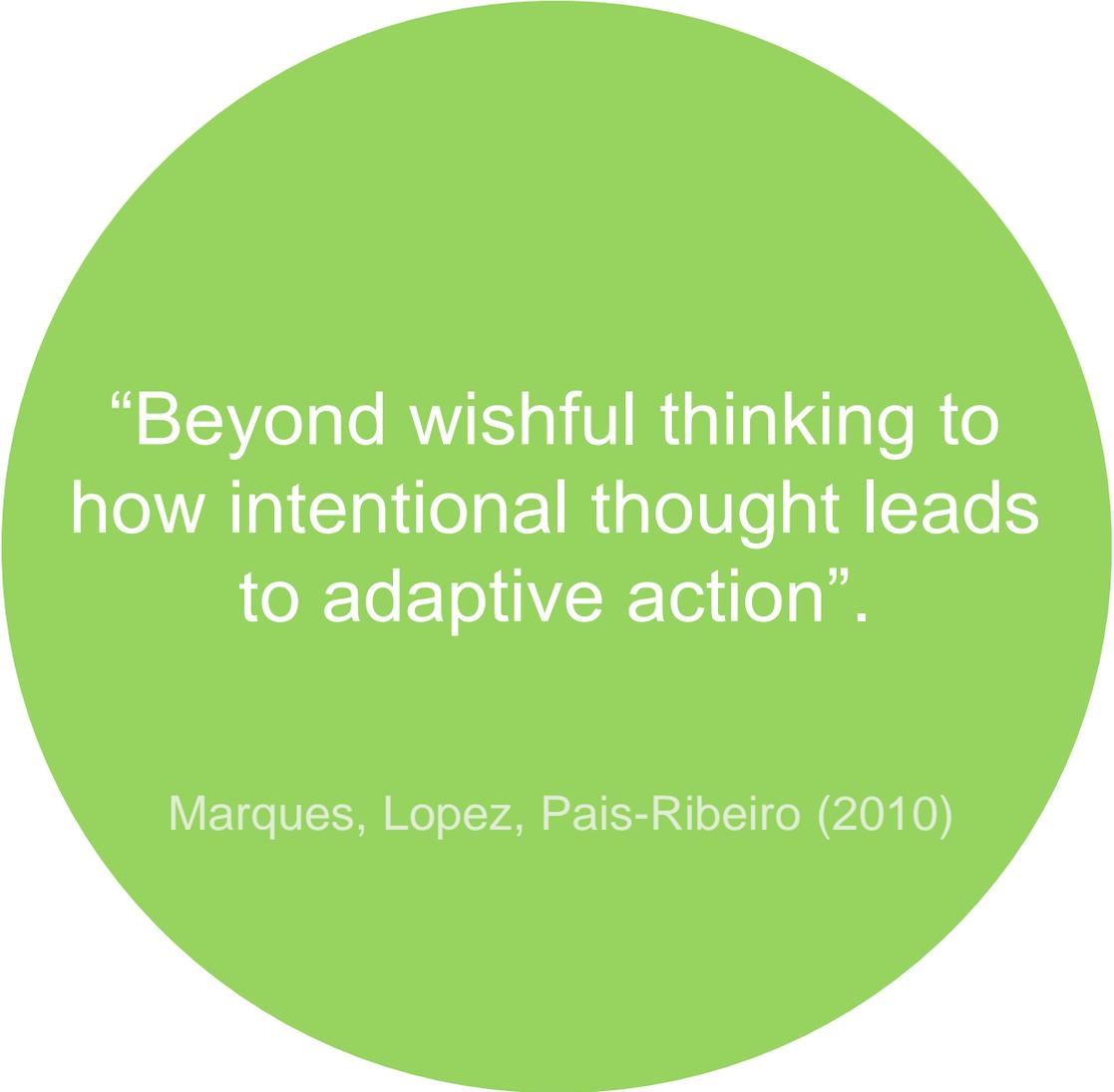
5 Ways to  
Wellbeing

A red circle containing the text "Band4Hope" in white.

Band4Hope

I hope that...

(finish this sentence)



“Beyond wishful thinking to  
how intentional thought leads  
to adaptive action”.

Marques, Lopez, Pais-Ribeiro (2010)

Hope is thinking about the future,  
expecting that desired events  
and outcomes will occur, and  
acting in ways believed to make  
them more likely.

Snyder, 2002



100% wonderful >

[www.band4hope.com](http://www.band4hope.com)

[First Band4Hope registered 521 days ago]

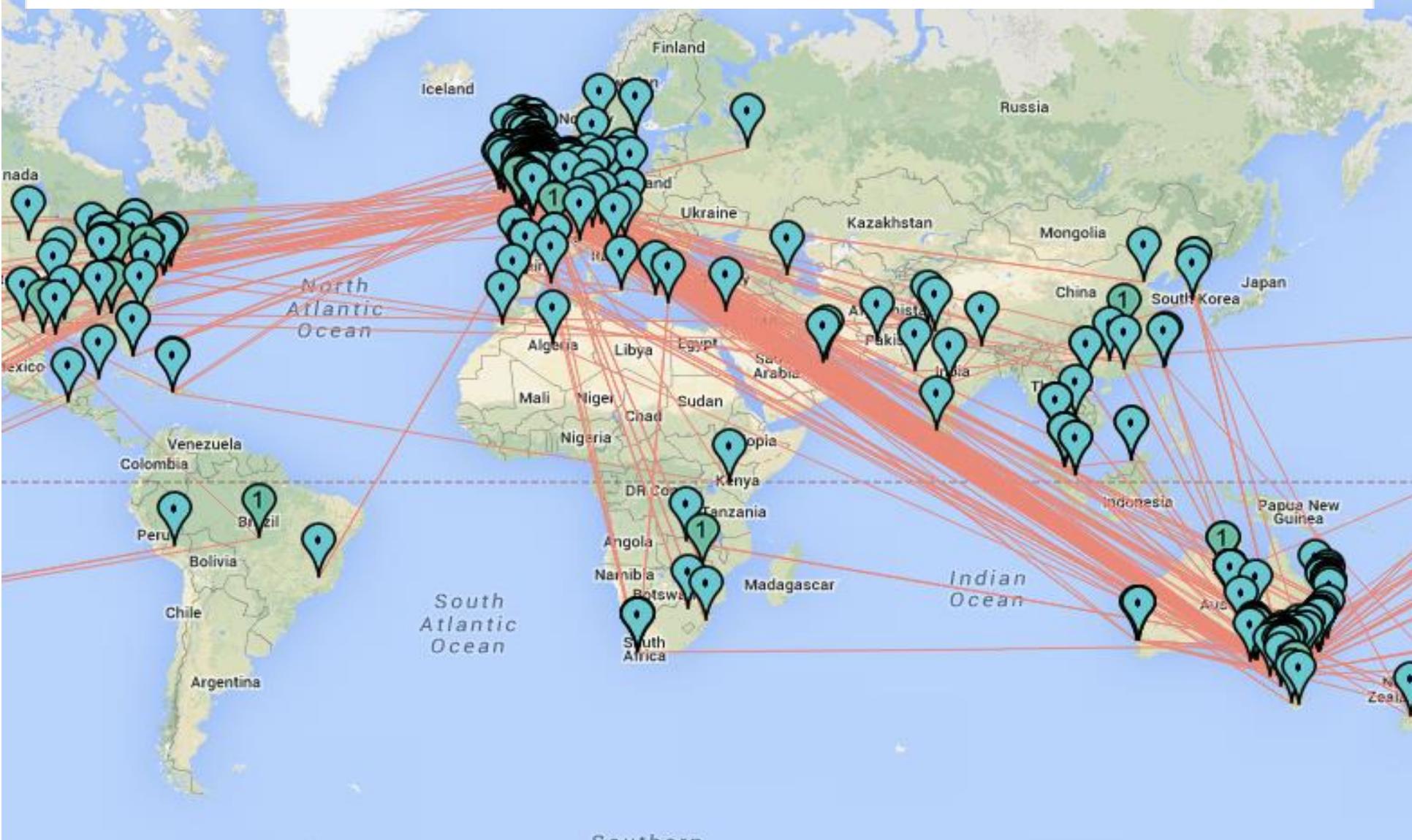
**Bands Made**  
6050

**Wrists**  
1489

**Actions**  
308

**Hopes**  
609

**Raised**  
\$26,556





<http://www.afplayers.com.au/article/gentle-giants-giving-hope/>

# Resources

[themindroom.com.au](http://themindroom.com.au)  
[aflplayers.com.au](http://aflplayers.com.au)



# Thank You!

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