



If you are a PFA member, save the well-being service phone number into your contact list so that you have future access to discussing your well-being (07500 000 777). If you aren't a PFA member, you can contact Shout by texting 85258.

Have you saved the numbers for these free and confidential services?

Ask the people around you if there is anything you can do to help and support them.

How could you help someone else as well as yourself?

Make a plan on paper or on your phone and list what you would like to achieve daily, weekly, monthly and regularly update it.

What needs your commitment and shouldn't be forgotten?



Read an article about something you might be interested in which is outside of sport.

What are your interests beyond football?



LIFE SKILLS

FROM HOME

FIRST HALF

'La dolce far niente' is an Italian phrase meaning 'the sweetness of doing nothing.' If you feel under pressure to be constantly productive, remember it is beneficial to use a time-out.

When is it time for you to recharge?



Try learning a foreign language on a free app such as Duolingo.

What other language do you wish you could speak?

Be creative and choose to write a poem or blog, learn a song, record a vlog, host a quiz, draw a picture or shoot some photography.

What is your creative spark?



Learn a card or magic trick and showcase it in person or on a video call.

Who do you think would appreciate some entertainment?



Refresh your social media accounts, check previous posts and update your security settings.

How accurately does your social media present you both personally and professionally?

