

# What to do, to help you

## Savings and budget planning

Whilst you may not be spending your money the same, how can you be saving it? Use this time to plan out how you are going to save your money and how you are going to spend it.

## Think about your roles

How are you managing being a footballer alongside your other roles? (E.g. family member, student, partner, footballer, friend.)

## Stay connected

Now more than ever, it is important to talk. Keep communicating through:

- video calls • phone calls • instant messaging
- gaming • social media • letters

## What can you do to train your brain?

Try some of these mental skills training techniques:

- visualisation • self-talk • self-reflection

## What inspires you?

Think about your role models and inspiring figures. Why do they inspire you? How do they cope during lockdown and with life changes?

## How are you feeling?

If you are a PFA member, you can use their confidential well-being service to talk about how you feel by calling **07500 000 777** or emailing [wellbeing@thepfa.co.uk](mailto:wellbeing@thepfa.co.uk). If you are not a PFA member, you can contact Shout by texting **85258**.

## Help yourself, help others

Best protect yourself and others by following your club rules and government guidance.



**HANDS**



**FACE**



**SPACE**

