

SPRIT



*Sport & Psycho-social Initiative for Inclusive Training*

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# What is mental well-being?

Background material, 27th May 2020

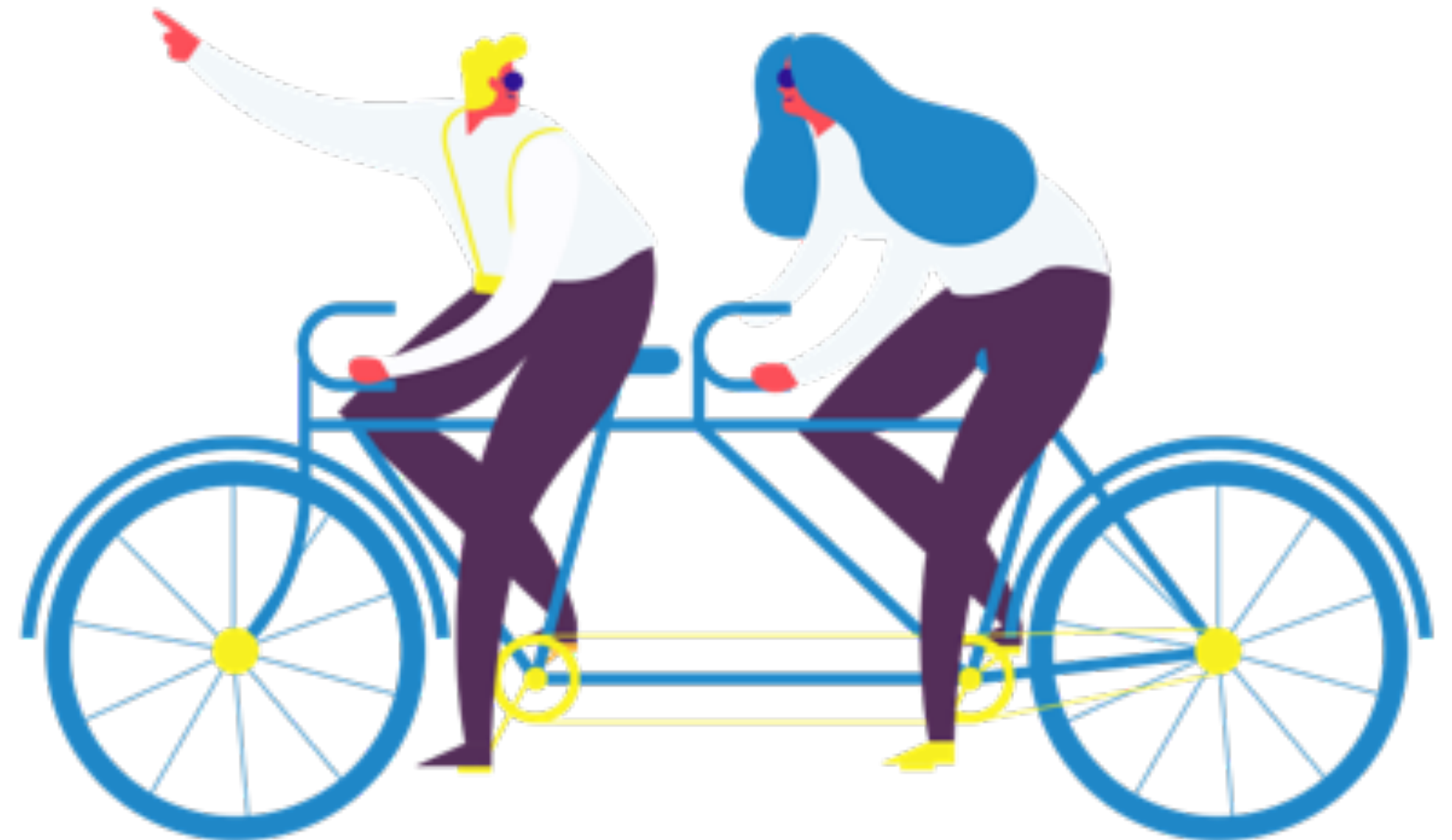
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- Definition of Mental Well-being, slides 4-10
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# Mental health is a part of health

Mental health is a state of well-being in which every individual realises one's own potential and is able to make a contribution to one's community.

It encompasses emotional resilience, allowing us to enjoy life and overcome disappointments and sadness.

Belief in our own, and others' dignity and worth, underlies mental health.

Source, applied by Mental health: Strengthening Our Response. WHO, 2014. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> and Mental Health Promotion: a Quality Framework. Health Education Authority, 1997.

# Mental well-being is affected by many factors

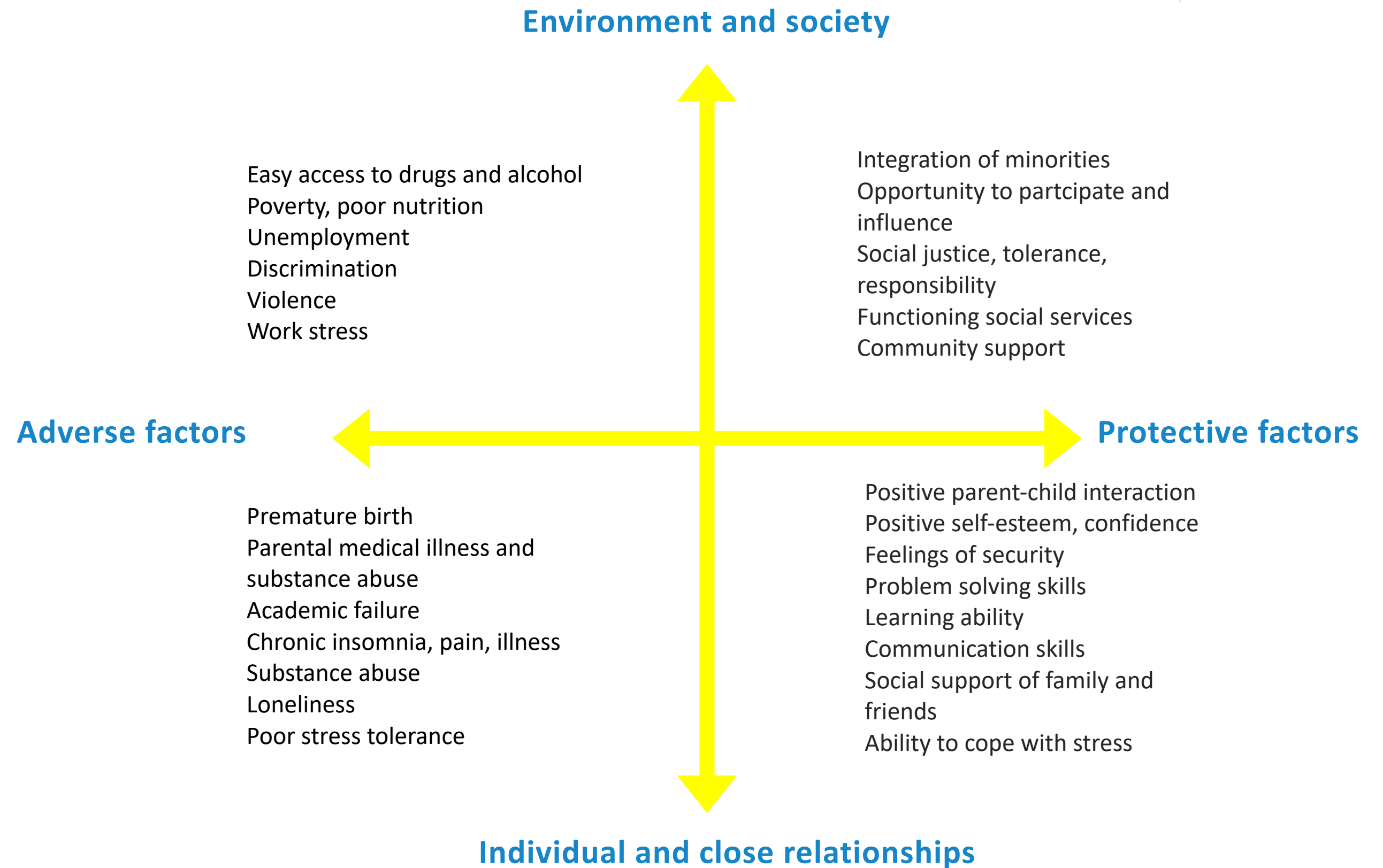
Mental well-being is affected by many factors like individual lifestyles, social and community networks and general socio-economic, cultural and environmental conditions.



More: The Dahlgren-Whitehead rainbow <https://esrc.ukri.org/about-us/50-years-of-esrc/50-achievements/the-dahlgren-whitehead-rainbow/>



# Adverse and protective factors of mental well-being



# Mental health

## - two dimensions

The concept of mental well-being (positive mental health) helps to see mental health as a more diverse issue than polarised sick-healthy thinking. Even if a person has been diagnosed with a mental disorder, properly treated it does not preclude well-being. On the other hand, a person may feel mentally very poorly and experience low mood, even without having a recognised mental disorder.



*Source, applied by Westerhof & Keyes, 2010; Keyes, 2005 MIELI ry. Pic by The Players Union, Finland*

# Mental well-being is promoted at several levels

## Individual

- At the individual level, for example, strengthening self-esteem and life skills.

## Community

- At Community level, by strengthening social support and inclusion and increasing the comfort and safety of the surrounding areas.

## Structures

- At the level of structures, by safeguarding eg. economic livelihoods and making social decisions that reduce discrimination and inequality.



# 5 steps to mental well-being

Internationally well-known model to promote mental well-being (individual):

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)



More information: 5 steps to well-being: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

# Focus on the SPIRIT Project

Focus on the SPIRIT project is mental well-being and that we will develop a framework for humane, inclusive and empowering coaching and sport clubs that nurture mental well-being.

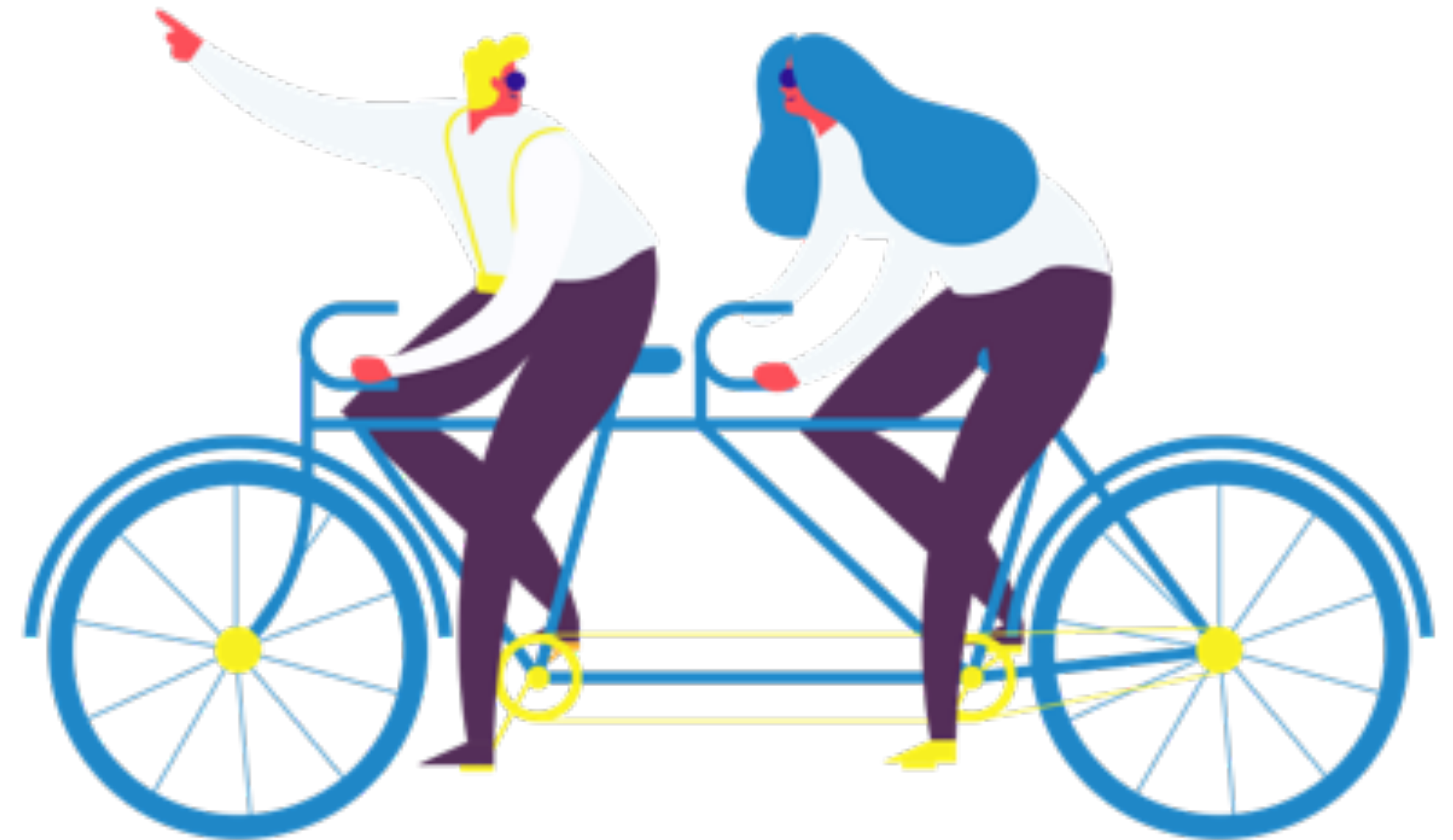


*Pic by The Players Union, Finland*

# 0

# Mental well-being promotion in sports clubs

How we do things?





# Sports clubs promote mental well- being through their own activities



- **“Connect with other people”**  
Sports clubs promote social interaction.
- **“Be physically active”**  
Sports clubs promote people's physical activity. Physical activity, sense of body image, and nature are relevant to mental well-being. For some people, exercise is their way of coping with everyday crises.
- **“Learn new skills”**  
Learning new skills is typical matter in sports clubs.
- **“Give to others”**  
Sports clubs provide opportunities for volunteering.
- **“Pay attention to the present moment”**  
Key question with all is how we do things.



# Mental well-being could be promoted at many levels in sports

## Coaching level

- Skills to promote community and humane, inclusive and empowering culture in everyday coaching activities
- Mental health skills
- Healthy daily routines

## Managers level

- “Everyone plays” ideology
- Safe environment
- Supporting the coaches

## System level

- Operational policies and regulations

The organizational culture of the sports club

*Measuring Health Promotion in Sports Club Settings : A Modified Delphi Study . Johnson, Stacey; Vuillemin, Anne; Geidne, Susanna; Kokko, Sami; Epstein, Jonathan & Van Hove, Aurélie Health Education 2020 and Behavior <https://journals.sagepub.com/doi/10.1177/1090198119889098>*

# 1

**Mental well-being  
promotion on  
a system level  
in sports clubs**



# Operational policies and regulations in our sports club



In sports clubs mental well-being can be promoted **on system level**, when the operational policies and regulations and the culture of the sports club "how do we do things".

In addition, mental health promotion means that the managers of the sport club ensure a safe environment, inclusivity to all participants, and support the coaches.

# 2

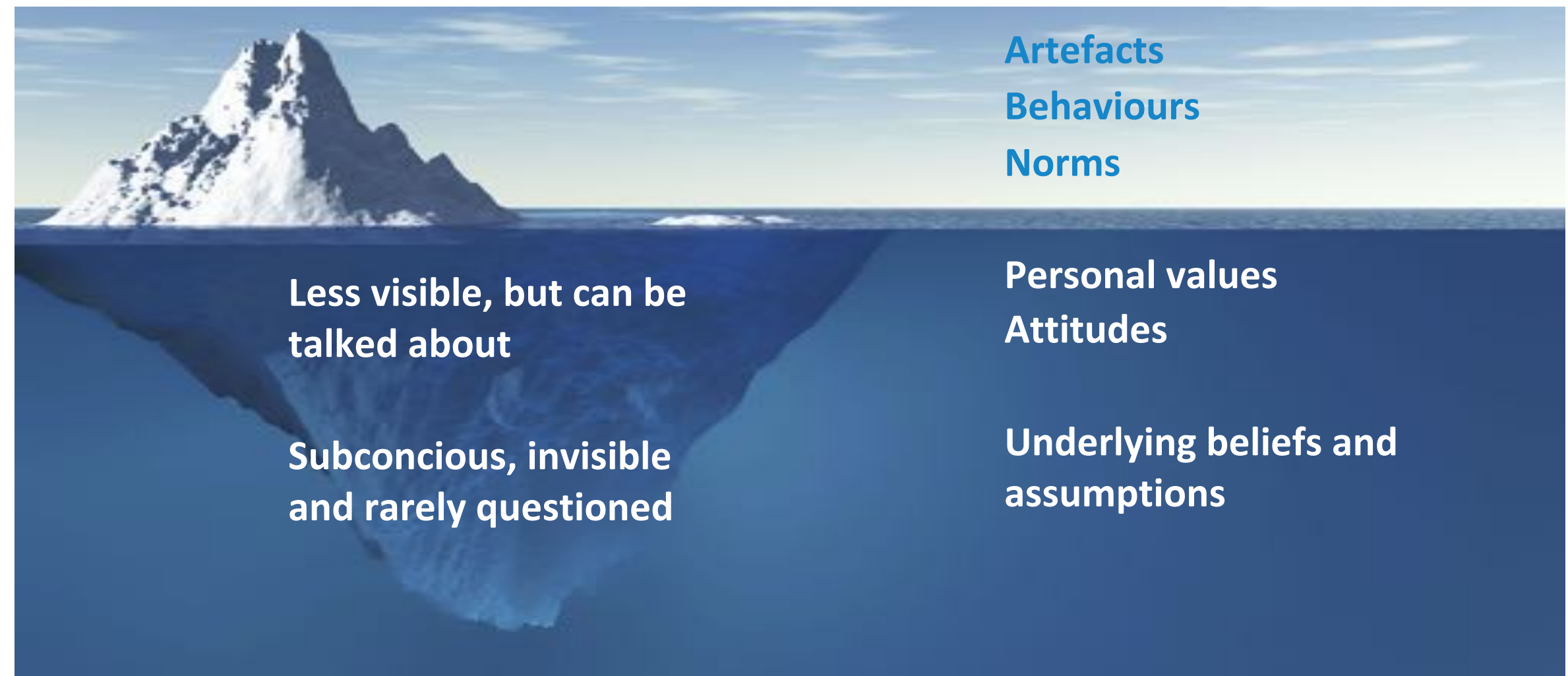
**Mental well-being  
promotion on  
a cultural level  
in sports clubs**





# The way we do things around here in our sports club

The culture is “the way we do things around here”. “What we do when we believe that nobody is watching?” The culture consists of values, attitudes, beliefs and assumptions, behaviours, norms and different artefacts.



Source: Denison Consulting Europe

# Coaching is a significant arena for mental well-being

In sports, the coaching professionals and volunteers not only promote future competitive success and the adopting of an active lifestyle, but also create the basis for lifelong health and well-being. This is especially pertinent to children and young people.

Participating in sports supports mental health development and even the small acts and words that people encounter in sports can steer the future course of their lives.

A well-being mind is an important part of a person's health and also creates a solid foundation for success in sports. Even though it has been common in the past to talk about mental health by focusing on the problems people may have, the focus should be on seeing it as a matter of health, and a positive factor that we can all make stronger through our everyday actions.

# Community for everyone

The Coach, the manager and every participant in the sport have an important role to promote humane, safe, inclusive and empowering sports culture, where everyone:

**Feels belonging** - respected and connected

**Autonomy** - voice and choice

**Competence** - feel have ability to meet demands as focus on “doing your best” goals.

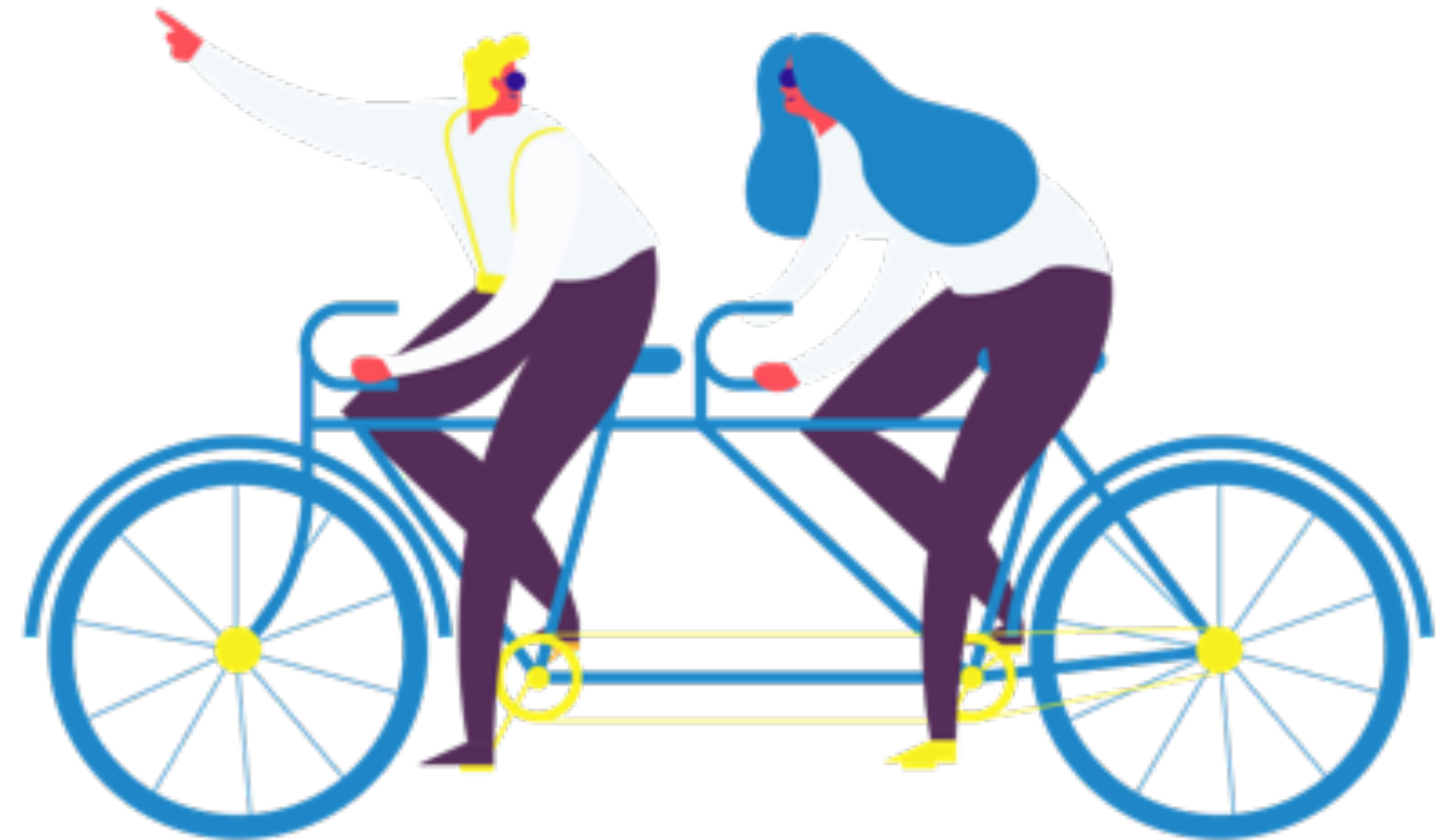


*Source eg. Edward Decin ja Richard Ryanin, Self-Determination Theory*

# 3

Even the small acts  
and words matters

**Coaches  
developing  
mental health  
skills**





# Sport is an important arena for mental well-being



- Feeling of being accepted
- Emotional skills
- Sufficient self-esteem
- Awareness skills
- Interpersonal skills
- Problem solving skills
- Ability to form and maintain relationships
- Ability to seek help

- Skilful coach, manager
- Supporting culture of the sport community
- Safe environment

**How we do things?**

# Mental health skills are needed every day

## What are mental health skills?

Mental health skills are defined as emotional skills, awareness skills, interpersonal skills, resilience to cope with life crisis and capability to regulate mental load and stress and furthermore, to create meaningful relationships with people and one's environment.

They also include the ability to manage and regulate impulses that could lead to harmful substance abuse or otherwise harmful life controlling activity.

Mental health skills also include everyday life skills and recognising the mental resources in oneself and others and the ability to maintain balance between work, studying, rest and hobbies.

Talking about mental health, and its deterioration, are also mental health skills, as is the readiness to judge when one's own resources are not enough and when there is a need for professional help.

**Interaction skills**  
friendship,  
partnership at work

**Coping skills**  
seeking help and  
recognising coping skills,  
meaningful life

**Sexual health**  
enjoying my sexuality, accepting  
myself and feeling loved.

**Emotional skills**  
recognition,  
expressing, accepting  
emotions, empathy  
and assertiveness

**Stress management  
and recovery**

**Self-knowledge**  
values, strengths,  
appreciation

**Safety net**  
support and help from  
home, school, working life,  
web and society

**Mental well-being  
in everyday life**  
daily routines

**Mental health  
skills can be  
strengthened  
by skilful  
coaching**

**Participation**  
Able to influence own and  
community's affairs.

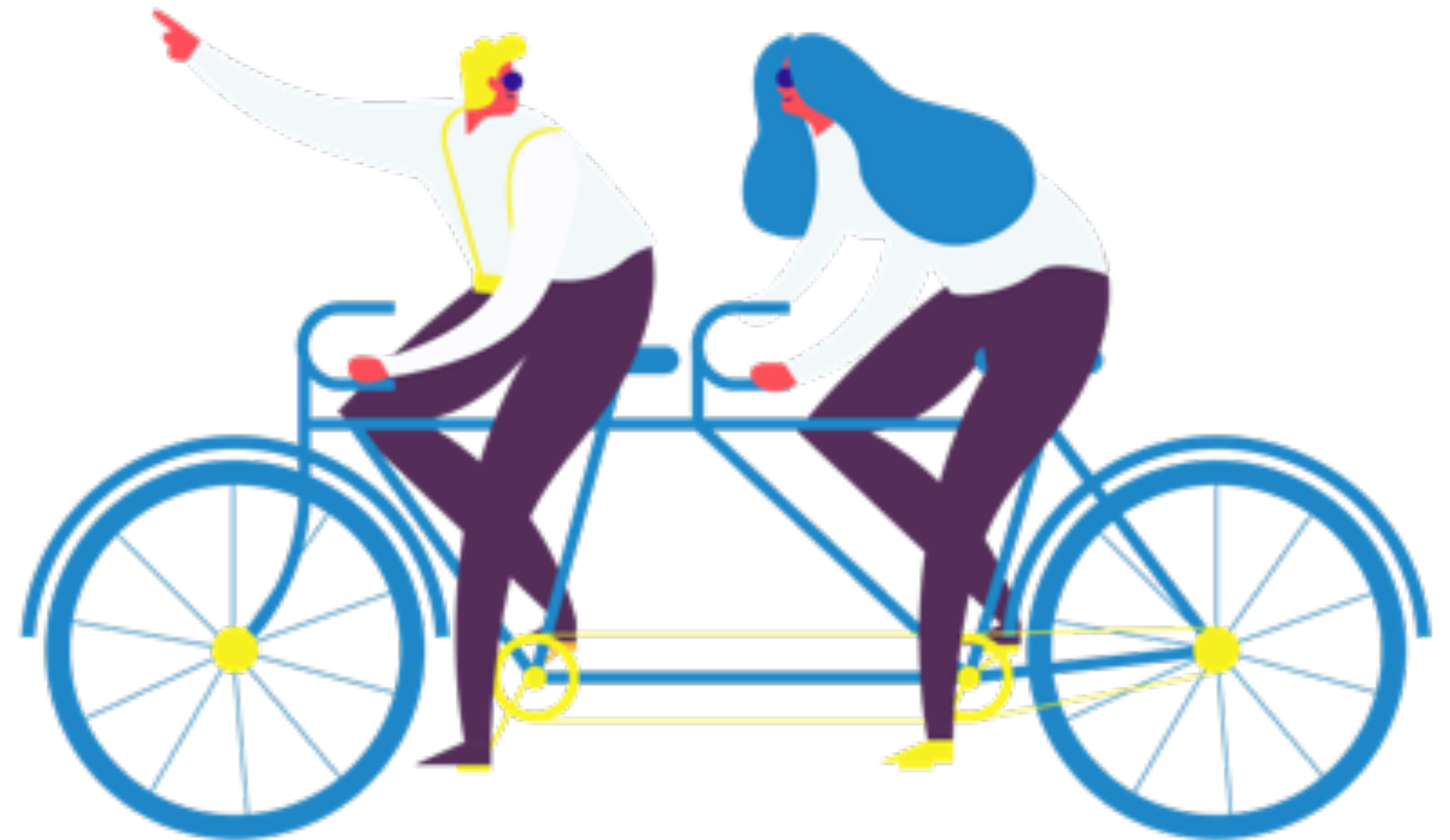




# 4

## Coaches supporting healthy life habits

Did you have time to a take brake during the day?





# Daily choices are vital for mental well-being

## Hand of Mental Well-being

- Sleep and rest
- Food and eating
- Personal relationships and emotions
- Exercise and embodied experience
- Hobbies and creativity



Coaches supporting healthy life habits of the participants in training, like:

- *Did you have time to take a brake during the day?*
- *What gave you pleasure?*
- *Was your meal enjoyable?*
- *Are your work, studies, hobbies and leisure time balanced? Eg.*



**We will develop a framework for humane, inclusive and empowering coaching and sport clubs that nurture mental well-being.**

The European Non-Governmental Sports Organization (ENGSO)  
SPIRIT PROJECT with the partners: International Council of Sport Science and Physical Education (ICSSPE),  
International Table Tennis Federation Foundation (ITTF Foundation), Catalan Union of Sports Federations  
(UFEC), MIELI Mental Health Finland, Bulgarian Union for Physical Culture and Sports (BUPCS), Hellenic  
Paralympic Committee, Minor-Ndako, Monaliiku, Flemish Athletics Federation (FAF).  
Flanders Sport Agency, European Lotteries.