

OFFLOAD FIXTURE LIST



Offload is a set of 10 mental fitness fixtures, each designed to help you build a more positive mindset and generate a set of skills which enable us to cope better in challenging times.

Each of the 10 fixtures includes an introduction to a mental fitness area, group debate and discussion, and then an overview and the practice of a skill which you can begin to use in your day-to-day life.

	Session Title	Session Overview	Take Home Task	Outcome Related to
1	What is Mental Fitness	<ul style="list-style-type: none"> • An introduction to the programme, and the upcoming 10 fixtures • We all have mental health; including examples of famous faces who have suffered with mental ill health, yet are still very successful. • Mental health is fluid and moves on a regular basis • It is possible to move from negative mental health to positive mental health 	<ul style="list-style-type: none"> • Be a smart ALEC and check in on at least 2 mates during the week. 	<ul style="list-style-type: none"> • More aware of how to look after our mental health • More likely to discuss mental health with friends and family • Increased support networks
2	Stress & Coping	<ul style="list-style-type: none"> • An introduction to stress • Stress can be positive and negative; fight or flight • Stress becomes a problem when it interferes in your day-to-day life • Examples of how stress can build up • The Stress Bucket, and how we can keep it under control through positive coping strategies • Examples of positive and negative coping strategies 	<ul style="list-style-type: none"> • Spend 5 minutes of every day exploring a new coping strategy. 	<ul style="list-style-type: none"> • More able to cope with everyday life and challenges • More aware of how to look after mental health

3	Positive Mindset	<ul style="list-style-type: none"> • An introduction into self-belief • A look into whether low self-belief can hold us back, and if having self-belief can open up more opportunities • Self-belief can be developed • Building each other up; an activity to enhance our confidence • 3 ways to develop self-belief <ul style="list-style-type: none"> ○ Know who you want to be ○ Self Affirmation ○ Addressing your inner critic 	<ul style="list-style-type: none"> • Know who you want to be activity & • Every week write down 3 positives about yourself 	<ul style="list-style-type: none"> • Increased aspirations regarding work, training and education • More able to cope with everyday life and challenges • Increased support networks
4	Analysing Negative Thinking	<ul style="list-style-type: none"> • Recognising thoughts; positive and negative • Thoughts lead to physical and mental responses • Types of negative thinking and recognising our own patterns • The ABCDE model and how it can flip our negative thoughts to positive thoughts 	<ul style="list-style-type: none"> • Practice ABCDE model 	<ul style="list-style-type: none"> • More aware of how to look after mental health • More able to cope with everyday life and challenges
5	Managing Emotions	<ul style="list-style-type: none"> • What are emotions? • Emotions can help us survive, thrive and avoid danger • What is their purpose? • Identifying emotions • Acknowledging that they will pass • Plan for when it happens next time 	<ul style="list-style-type: none"> • Make a response plan for next time you experience a trigger for a negative emotion 	<ul style="list-style-type: none"> • More able to cope with everyday life and challenges • Improved aspirations regarding work, training, education.
6	Building Resilience	<ul style="list-style-type: none"> • What is resilience? • What is a resilience toolbox? • 3 key skills that build resilience 	<ul style="list-style-type: none"> • Gratitude & • Empathy 	<ul style="list-style-type: none"> • More able to cope with everyday life and challenges

		<ul style="list-style-type: none"> ○ Gratitude; what it is, how it relates to resilience & how to practice it ○ Empathy; what it is, how it relates to resilience & how to practice it ○ Mindfulness; a brief introduction, more is covered in the mindfulness session. <ul style="list-style-type: none"> ● These 3 skills must be coupled with our own positive coping strategies which we learnt and practiced in week 2 		<ul style="list-style-type: none"> ● Increased aspirations regarding work, training, , education.
7	Local Connections & Support	<ul style="list-style-type: none"> ● An introduction into a local service / opportunity to get more involved with the Foundation 	<ul style="list-style-type: none"> ● TBC by the Foundation 	<ul style="list-style-type: none"> ● More engaged in local social activities / groups
8	Mindfulness	<ul style="list-style-type: none"> ● An introduction into the Chimp Paradox ● The 3 brains <ul style="list-style-type: none"> ○ The computer (fastest) ○ The chimp (second fastest) ○ The human (four times slower than the chimp) ● A demonstration of mindfulness practice & exercises to practice at home 	<ul style="list-style-type: none"> ● Practice of mindfulness exercises 	<ul style="list-style-type: none"> ● Increased support networks ● More able to cope with everyday life and challenges ● More engaged in local social activities / groups
9	Positive Influences	<ul style="list-style-type: none"> ● Why do we need positive influences? ● Recognising our positive and negative influences / influencers ● Positive relationships, and how to build them 	<ul style="list-style-type: none"> ● The 1:2 Rule; for every negative thing you encounter, put all your effort into counteracting it with two positives. 	<ul style="list-style-type: none"> ● More engaged in local social activities / groups ● Increased support networks

		<ul style="list-style-type: none"> • Positive activities and how to do more of them • Distancing yourself from negative relationships • Choosing your media; an investigation into social media 		
10	Overview and Celebration	<ul style="list-style-type: none"> • An opportunity to give feedback on the programme • An overview of how our mindset has changed • An overview of our achievements; how our minds have grown, what we now do differently, what positive changes we have made • Opportunities to give back • Next steps and plans 	<ul style="list-style-type: none"> • Move onto other foundation or community activities 	<ul style="list-style-type: none"> • Increase support networks • Want to volunteer • More engaged in local social activities / groups