

# Our Strength Activity

The Social, Emotional, and Cultural Wellbeing Model highlights the importance of maintaining balance across the seven segments to protect and promote wellbeing.

## How do I Support My SECWB?

1. Include one thing you do each week to stay strong in each segment of the SECWB Model, e.g. yoga after training for a body connection.
2. Additionally, list what you could do more of to help you to feel stronger in each segment, e.g. Regular phone calls with family to strengthen connection.

## How do I Support My Teammates' SECWB?

1. Include the things you do within your club to support one another's SECWB. e.g. pre-training check-in for a connection to mind.
1. Additionally, what can you do whilst in your club to support each other's SECWB? e.g. on Country cultural experience.

