

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.

