

Dealing with Difficult Events

We know football is important to you and we understand that sometimes there are difficult things that happen in our lives. Your football family wants to support you as much as possible, to help you cope with what has happened and so that you still do well at football and school and still have a good and happy life.

Don't forget how important it is too, that you also let your parents, family and friends help you with any concerns that you have or through any difficult times.

Let mum or dad know your thoughtseven just about what's happened or how you are feeling now. Sometimes just talking to someone you love can make you feel better.

Keep doing your usual things.... we can't stress this enough as it is a really important way for you to start feeling like your normal self again. People like us who work with the experts about these things know what works.... It even works for players like the Socceroos and the Matilda's! The best thing you can do, is try and keep your daily routines and keep going to school and to football, as these things are good for you..... like drinking water and eating the right foods to keep you fit and healthy for football! Your family will also try to keep the same routines.

Keep the same bed times and meal times as these are both very important to keeping fit and healthy, both for football and for a healthy life. Not too much time on devices before bed either!

See your friends at school and at football...try to talk about the things you usually talk about and things you enjoy doing, like football or your favourite team or songs or movies, doing this helps.

Do you have a favourite pet...a dog or cat maybe? If you feel like talking to someone who just listens, then maybe spend some time with your favourite pet. They are good listeners and always have time for a hug.

Your friends might need you too.... remember that what has happened may have also affected or happened to friends as well and they might also need your support. Sometimes helping others and supporting each other makes things easier to deal with too.

Our feelings are sometimes different when something upsetting has happened or if we are going through difficult times.... we might be more tired and this can also affect how we feel and how we play. It sometimes also takes a few days to feel like ourselves again, so if you are off your game, don't worry you will hopefully be back to feeling like your old self soon.

Talk to mum or dad or another close family member about anything that worries you..... they know it might be a hard time for you right now and they are good at helping with these things.

Wishing you all the best and hope to see you on the park again soon.