

Don't just survive... THRIVE!

The **Thrive Project** aims to translate the psychological principles used by top athletes into everyday life – helping us to be the best we can be, no matter what the challenge.



The project has been designed and developed by Olympic Psychology Coach, Charlie Unwin

What does it mean to THRIVE?

Lessons from sport...

Simplyhealth is working closely with Charlie Unwin, Sports Performance Psychologist, to bring to life The Thrive Project – which you can read on our Covid-19 content Hub. He'll be giving tips and advice on how to change the way you think about your mental and physical fitness which we hope can help you learn how to thrive in these stressful and uncertain times.

Over the next six weeks, you'll get regular updates on how to adopt new thought patterns on the hub – patterns that will help you think, feel and do differently in challenging or stressful situations. Charlie uses his knowledge and experience of working with the military and elite athletes to bring you this helpful programme to help you from day to day. You'll have the tools to enhance your resilience right here. Let's get going...

A different kind of Fitness

An athlete is really only fit to compete when they are; consistent in their actions, positive in their mind and energised in their body. You too can train these 3 Fundamentals of fitness...

POSITIVE
DOING

POSITIVE
THINKING

POSITIVE
FEELING

Ready...?

Let's get started



POSITIVE
DOING

Always have a Plan

- 1 Don't wait to see what happens – establish the rules of the game and make a plan

Break it down (e.g. work, financial, social, household) and write it down

Tips for YOUR family plan

Involve everyone! Co-create the rules of the game and play to people's strengths

Use the plan to establish daily goals – simple and achievable

Encourage each other when you do a good job!

SUCCESS IS TO CREATE AND REINFORCE GOOD HABITS FOR OURSELVES

Top Tips

Identify what's really important and measure success by the quality of focus you give it

Reflect on this regularly as the Law of Subtraction demands constant pruning

Practice the Law of Subtraction by focusing on the quality of what you do and not the quantity

Keep it simple

Athletes who can build on their skill whilst keeping things simple will always have the performance advantage

Do Less, Achieve More

Share some routines with others (e.g. a virtual workout)

The Power of Routine

Routine gives us control and predictability in an otherwise turbulent environment. This helps our brains stay focused and effective

Tips for establishing new routines

Stick at it - it's not routine until you've done it for 2 weeks!

Put daily routines in your diary no matter how small. This will help regulate your mood, thoughts & behaviour

POSITIVE
THINKING

Win the Day

- 1 No matter what your expectations of the future, satisfaction and control only exist in the quality of today.

Train your thinking by converting "I don't..." into "I do...", "I can't..." into "I can...", "I won't..." into "I will...", "I hate..." into "I love..."

Top Tips

Learn from others - Notice the language used by people who make you feel good

Top Tips

Find pleasure in doing basic things brilliantly

Use small goals as a handrail for staying focused – especially when feeling under pressure

Take time to savour the small victories at the end of each day

Limit watching the news to once a day and not before you go to bed

Practice Optimism

We are wired to worry about negative events we can't control, but those most happy and successful look for positive events they can control.

Identify ONE thing each day that you are most grateful for. Repetition is fine if it reminds you how important it is

Control your Attention

We are more likely to be thinking positively when we are thinking clearly. Control your own headspace by filtering any unhelpful distractions.

Top Tips

Use simple meditation techniques to quieten your mind, turning chaos into calm

SUCCESS IS THE ABILITY TO STAY POSITIVELY FOCUSED ON THE THINGS YOU CAN CONTROL

SUCCESS IS HARNESSING YOUR ENERGY AND EMOTIONS TO WORK FOR YOU, NOT AGAINST YOU

Change State, Change Mood

Incorporate movement into everyday activities. Standing up whilst working enhances creativity, productivity and mood

POSITIVE
FEELING

Use all your senses to make it as real as possible – sight, sound, touch, smell & taste

For your brain, imagining doing something reinforces the same neural pathways as actually doing it. If you imagine yourself performing successfully in any situation, you enhance your confidence and ability to actually achieve it.

Rushing things through in your head trains you to rush in real life – keep it simple, steady and positive

Find out more about Charlie Unwin and the work he does with individuals, teams and organisations by visiting www.performancelegacy.com

Be more mindful of which activities take up your mood & energy, and which activities restore and enhance it

Our mind and body are intrinsically linked, therefore we can shift our emotions by shifting our body-language, environment and activity levels.

Visualise future scenarios/activities as if you were there doing it to the best of your ability

Ensure you are always breathing deeply and relaxed before visualisation

Prioritise sleep – the science is compelling. It's all about a consistent routine and winding down, especially the golden hour before bed

The mental benefits of exercise come more from movement than physical excursion. Dance and play are important at every stage of life!

Do or watch something that makes you laugh everyday – preferably more

Learn how to actively relax

Stress can be positive and give us the energy we need to perform, but we cannot be good at stress without being good at relaxation

Breathing techniques are essential to active recovery of you mind and body – it's not just sitting on the sofa! Use meditation apps "Calm" or "Headspace" to practice