



SANTÉ MENTALE POUR LES JEUX **GAMES MENTAL HEALTH**

Optimiser la performance | Optimizing Performance

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Objectif | Goal


Créer un plan pour optimiser la
santé mentale et le bien-être
pour les Jeux

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Create a plan to optimize mental
health and well-being for the
Games



Sondage | Survey

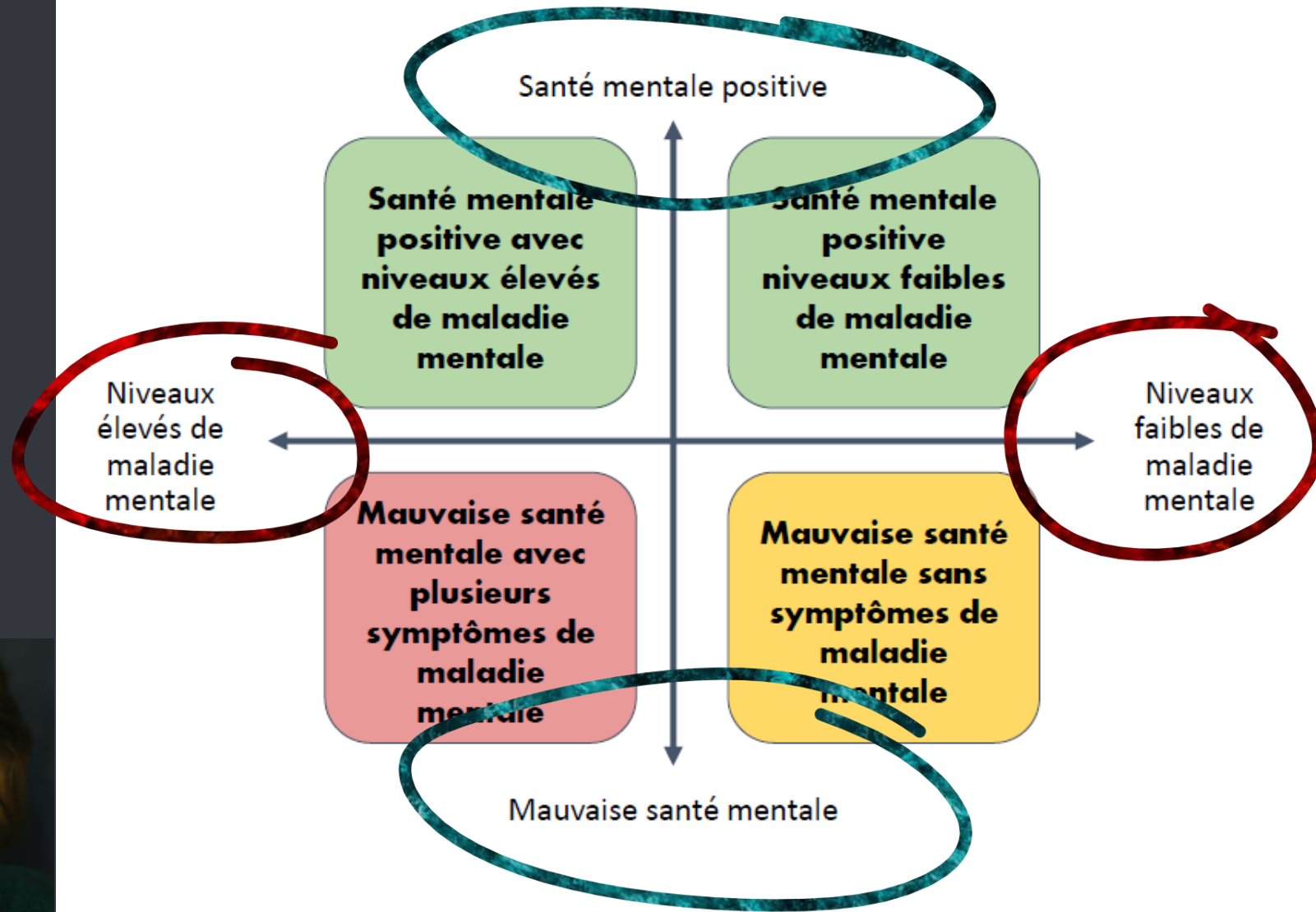
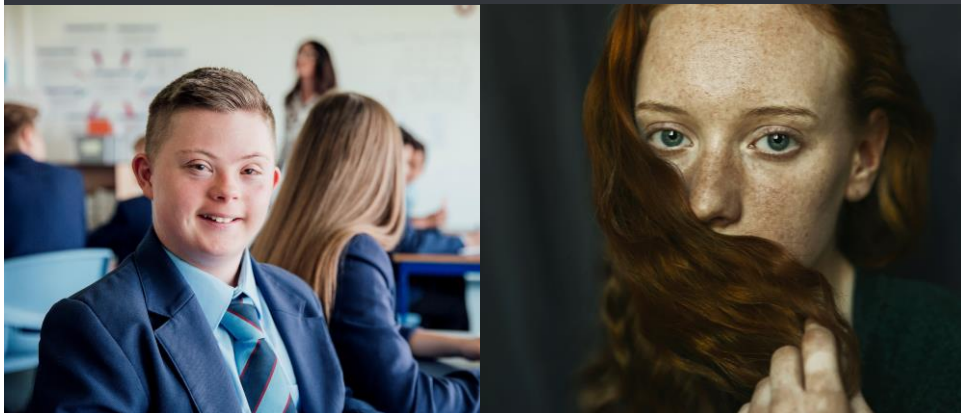
The image shows two bright yellow oxygen masks hanging from a panel in an airplane cabin. The masks are made of plastic and have white straps. They are positioned in the foreground, with a blurred background of airplane seats and overhead storage bins. The lighting is soft, highlighting the texture of the masks and the straps.

«Si la pression de la cabine change, les masques à oxygène tomberont du panneau au-dessus de vous. Veuillez placer le masque sur votre bouche et votre nez avant d'aider les autres. »

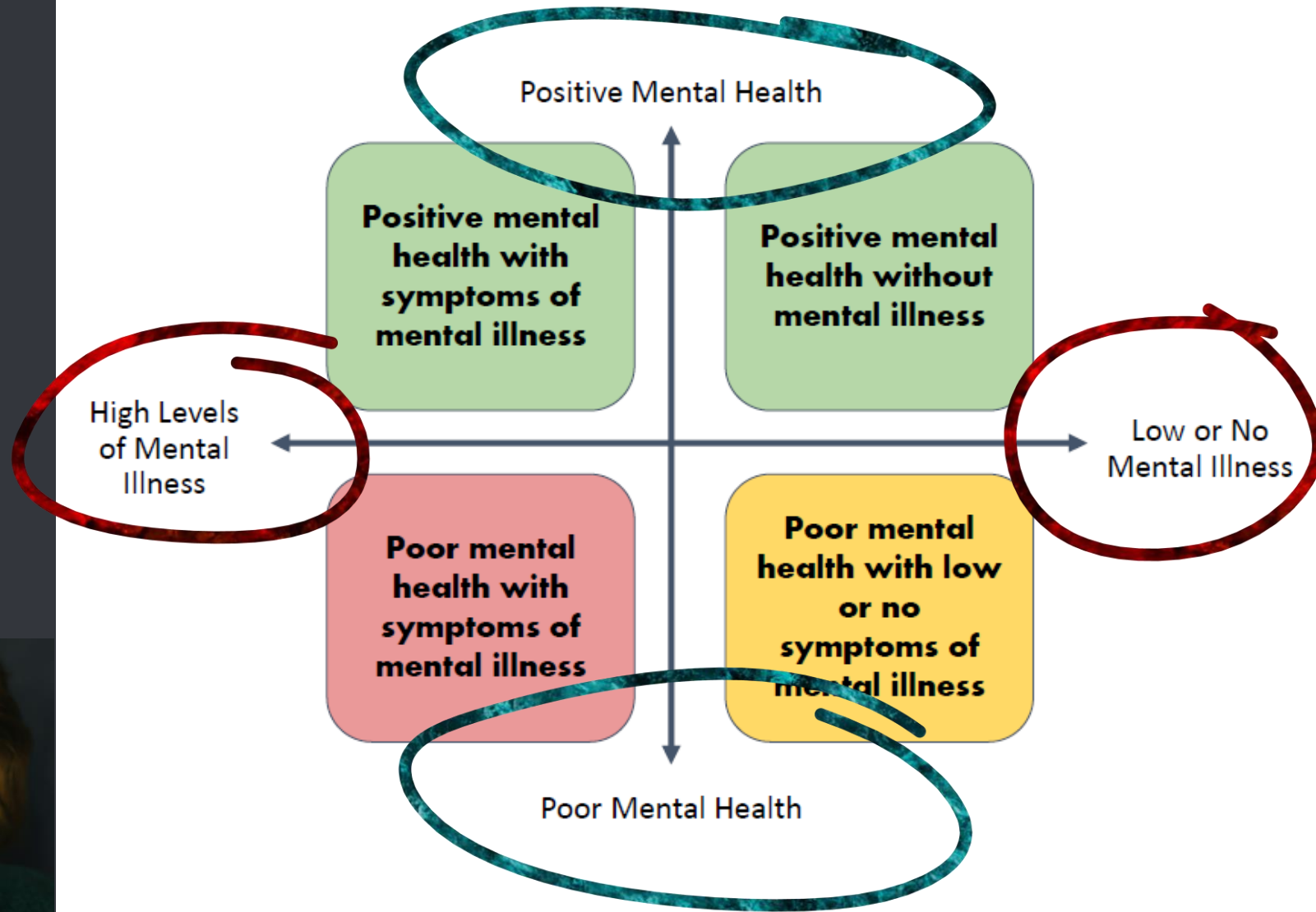
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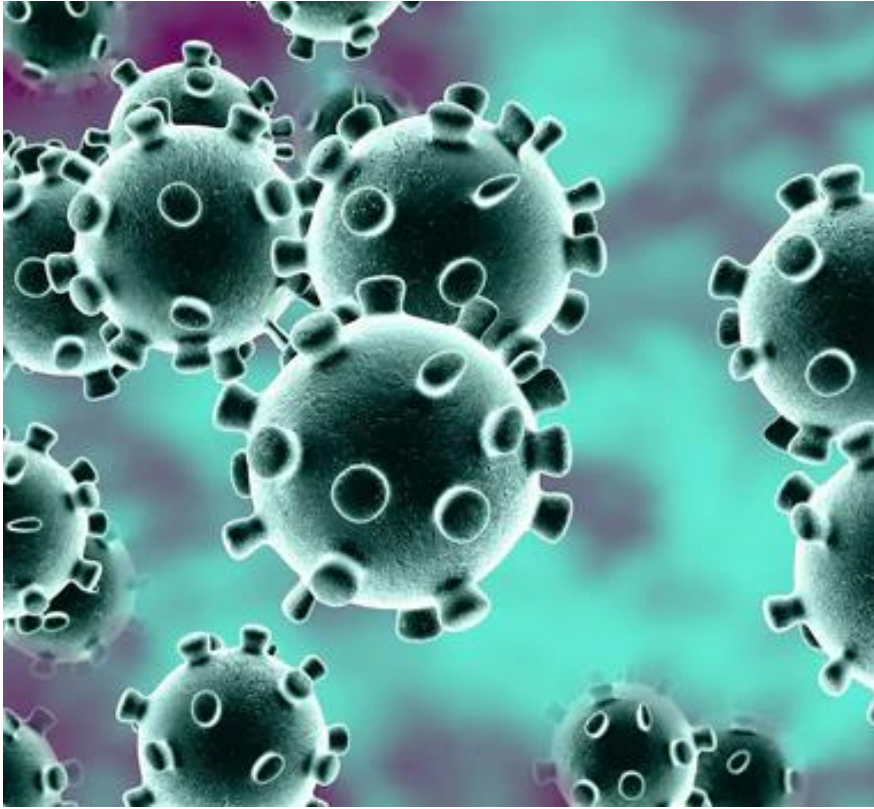
“Should the cabin pressure change, oxygen masks will drop down from the panel above you. Please place the mask over your mouth and nose before assisting others.”

Keyes Dual Continua Model (2002)



Keyes Dual Continua Model (2002)





Systeme Immunitaire Psychologique

Psychological Immune System



Préparation
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Preparation



Votre Plan de Jeu Mental



Piliers du sport

- Technique
- Tactique
- Physique
- Mental

Piliers psychologiques

- Récupération
- Nutrition/Hydratation
- Exercer
- Connexion sociale

Your Mental Game Plan



Sport Pillars

- Technical
- Tactical
- Physical
- Mental

Psychological Pillars

- Sleep/Recovery
- Nutrition/Hydration
- Exercise
- Social Connection



Sondage | Survey

Les Jeux | The Games



GREEN ZONE

Symptoms: Mild / low intensity

Capacity: High

Feeling: Like "floating" on water

Objective: Learning and growth

ORANGE ZONE

Symptoms: Moderate intensity

Capacity: Moderate

Feeling: Like "treading" water

Objective: Control, pleasure, and growth.

RED ZONE

Symptoms: Very intense

Capacity: Very low

Feeling: Like you're "drowning"

Objective: Safety and comfort



■
IN CRISIS

■ ■
STRUGGLING

■ ■ ■
SURVIVING

■ ■ ■ ■
THRIVING

■ ■ ■ ■ ■
EXCELLING

Very anxious
Very low mood
Absenteeism
Exhausted
Very poor sleep
Weight loss

Anxious
Depressed
Tired
Poor performance
Poor sleep
Poor appetite

Worried
Nervous
Irritable
Sad
Trouble sleeping
Distracted
Withdrawn

Positive
Calm
Performing
Sleeping well
Eating normally
Normal social activity

Cheerful
Joyful
Energetic
High performance
Flow
Fully realising potential

**Mental Health
Signs & Symptoms**

**Signes et Symptômes
de la Santé Mentale**



Mon Plan | My Plan



Recharge & Reboot Strategies

Stratégies de Recharge et Redémarrage

- Breathing
- Stretching
- Meditation
- Listening to music
- Going for a walk
- Reading
- Taking a bath
- Socializing
- Engage in a hobby
- Being in nature
- Exercise
- Quiet time
- Respiration
- Étirement
- Méditation
- Écouter de la musique
- Une promenade
- Lire
- Prendre un bain
- Socialiser
- Passe-temps
- Être dans la nature
- Exercice
- Temps 'solo'



Stratégies
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Strategies





Sondage | Survey

**Merci!
Thank you!
Questions?**

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