

WATOTO WASOKA



BUREF MANUAL

Building Resilience through Football





IMPRINT

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Table of Contents

INTR(DDUCTION	2
	Introduction to Mental Health	4
	Challenges to mental health	6
	A case for good mental health	
INTRO	DUCTION TO BUREF	4
	The BUREF Approach	8
	Theory of Change	11
	Scope, and limitations	14
	About the BUREF Manual	15
THE D	<u> </u>	19
	Understanding mental health	2
	Improving mental well-being	28
	Resilience	35
	Improving emotional well-being	39
	Support networks	43
REFEI	RENCES	5

INTRODUCTION

Mental health is a critical topic in society today more than ever. Many young people suffer from various social and emotional distresses and would need support. However, they are not able to get this support as need. Sometimes, it is a question of not being aware of the challenge at hand. Sometimes, the solution is within themselves, but they simply don't know how to go about it. In other times, they need external support. In these situations, either they don't know where to go for such support, and even when they do, they are scared of being stigmatised or appearing weak among peers and/or the community.

The BUREF approach takes these factors into consideration. It offers a safe space, on the pitch, for young people to learn about the various topics in mental health and to improve their awareness of the same. In this way, they can know how to go about improving their mental and emotional well-being, build resilience and know when/how to seek support.

This is all done in an approach that is not only peer-led, but also play-based.



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Introduction to Mental Health

Mental health is an integral component of health and well-being; it is more than the absence of mental disorder. The World health Organisation (WHO)¹ defines mental health as a state of well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. Mental health enables people to cope with the stresses of life, to realise their abilities, to learn well and work well, and to contribute to their communities.



The state of mental health¹

- About 1 in 8 people in the world live with a mental disorder.
- Mental disorders are the leading cause of years lived with disability (YLDs), accounting for 1 in every
 6 YLDs globally
- Data from 2020 and 2022 show that Uganda is ranked among the top six African countries in rates of depressive disorders and has the second-highest suicide rate among East African males ages 18-35.
- 1 in 4 persons have a mental disorder, i.e.,about 14 million Ugandans suffer from some form of mental health disorder
- There are only 53 psychiatrists nationwide, approximately one psychiatrist for every million people, and less than 1 psychiatric nurse per 100,000 individuals.
- On average, countries dedicate less than 2% of their health care budgets to mental health. Uganda spends 9.8% of its gross domestic product on healthcare, or US\$246 annually per person, but just 1% of this goes into mental healthcare. The majority of national mental health funding goes to the national mental health referral hospital, Butabika Hospital².

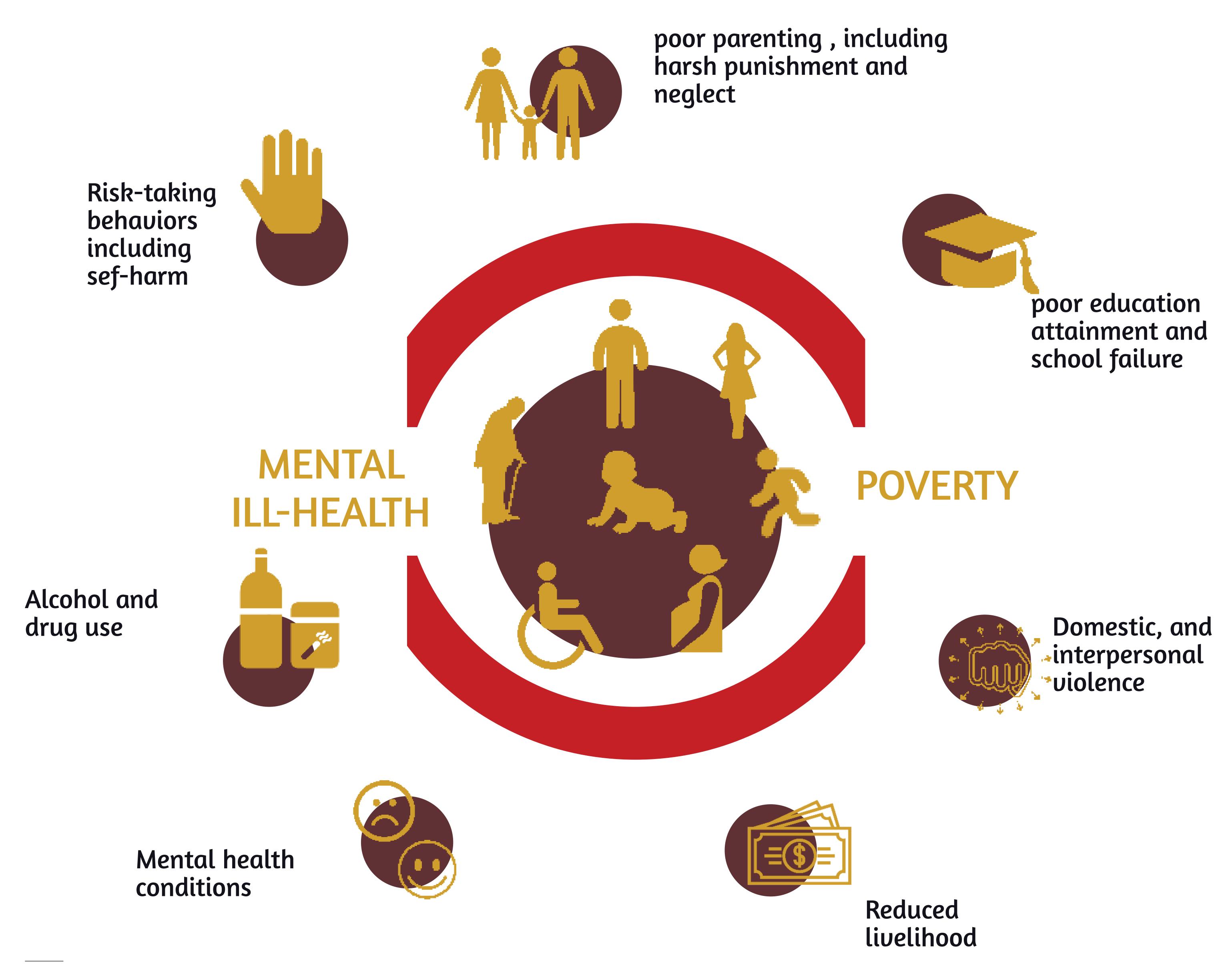
¹ World Mental Health Report: Transforming mental health for all. Geneva: World Health Organization; 2022

² Kagaari, J. (2021) Mental health in Uganda, American Psychological Association.

Challenges to mental health

Too many people living with mental health conditions are not getting the care they need and deserve. Factors that stop people from seeking, and/or accessing the support and care they need include low levels of awareness on mental health, stigma and discrimination, poor quality of mental health services, among others. Even when services are available, they are often inaccessible or unaffordable. People will often choose to suffer mental distress without relief rather than risk the discrimination and ostracization that comes with accessing mental health services (WHO, 2022).

The vicious cycle between poverty and mental ill-health exacerbates mental health conditions¹



¹ World Mental Health Report: Transforming mental health for all. Geneva: World Health Organization; 2022



A case for good mental health

- Good mental health means people connect better, function, cope and thrive to their full potential.
- Good mental health means people can learn and work well and contribute to their communities.
- Good mental health leads to improvement in educational outcomes and higher levels of productivity and participation in social development.

INTRODUCTION TO BUREF

A lack of adequate information about mental health breeds stigma in society. This puts young people's well-being at risk and negatively affects their ability to learn and thrive to their full potential. We can help change this. By training in mental health education, you can help young people build awareness and resilience. Through play, you can create a safe and fun-filled environment for them to learnand share, and to seek support.

BUREF (Building Resilience through Football) is an innovative play-based approach to bring about mental health awareness to young people through sport (football). The approach uses innovatively adapted football "drills" themed around various mental health topics to engage young people and simultaneously inspire well-being.

BUREF is designed around a series of football exercises (called "drills") which are easy to learn and execute. The BUREF "drills" combine play and mental health education.

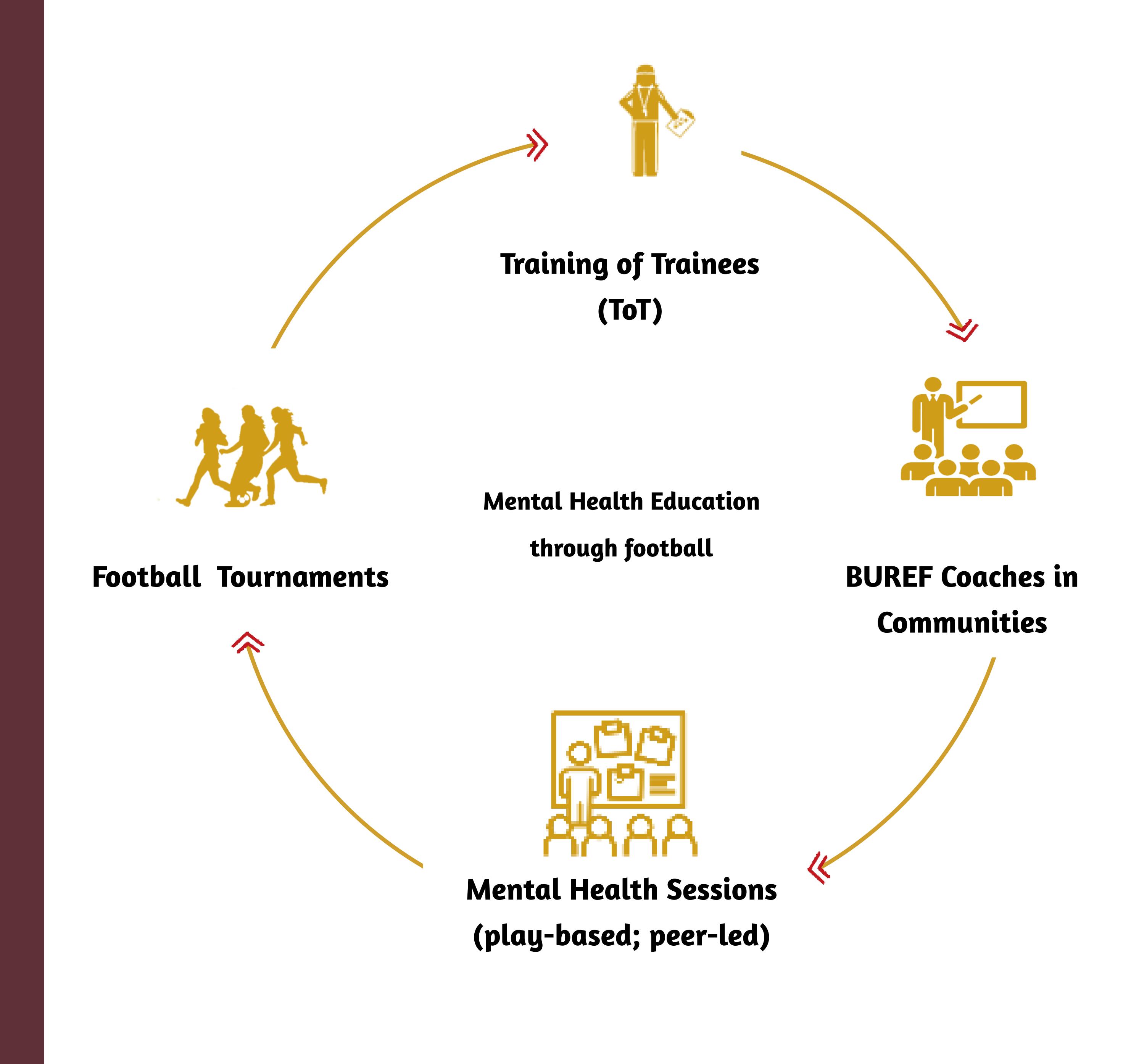
By not just relying on conventional means of information transfer and education or the use of feelings of shame and fear, BUREF with its fun filled training and workshops rather creates an atmosphere where learning and the application of health-related behaviours are joyful and dignified.

Football serves as a starting point for making training courses attractive to target groups, initiating a creative way of removing stigma, inspiring mental and physical well-being and integrating the learnings permanently.

We start week-long semestrial training workshops. In these trainings, coaches are empowered to first recognise the themes under mental health, and then appreciate the use of play-based approach where on-field drills and classroom discussions take centre stage. At the end of the training, the coaches are certified as BUREF trainers. Our training manual helps the trainees to acquire crucial knowledge to become life coaches and support systems for the young people. The traineesfollow precise guidelines in our training manual. The manual details the drills, knowledge and values that will be transferred to participants with practical examples and actions to be undertaken.

Participants then take over and deliver sessions themed around the drills' manual and reflection sessions.

BUREF Cycle





Theory of Change

In the short-term, participants acquire knowledge about mental health in a fun and practical way. This inspires them to act in a responsible way, helps to eradicate stigma and boost their confidence on mental health.

The mental health football drills enable the players to draw parallels and illustrate mental health disorders, causes and solutions. The discussion process engaged at the end of each training allows for sharing and reflection about mental health and personal action. In this way, the participants are taught to recognise, assess, and encouraged to act on issues related to their well-being (and of their close ones) through adapted football drills which enables them to acquire a resilient mindset and to live a happier childhood.

The focus on young people delivering the actual sessions provides an important layer of support where they use their own experiences to support each other – through sharing knowledge, emotional support, opportunities for social interaction, offering practical help or engaging in awareness raising.

Our long-term impact seeks to build community resilience around physical and mental health and support education outcomes for greater social cohesion in the communities.

BUREF Theory

ACTIVITIES

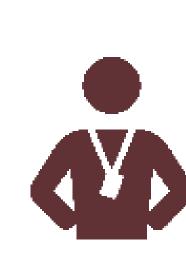


OUTPUTS

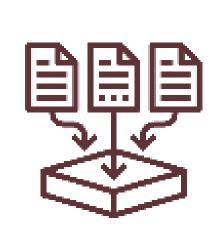
Mental Health training of trianers



- Community mental health sessions
- Wasoka Young Leaders Award (WYLA)Scholarships
- Football leagues



- Number of coaches trained and certified
- Number of BUREF manuals distributed



- Number of community sessions conducted
- Number of children who attend sessions



- Number of scholarship opportunities availed
- Number of games played

INPUTS



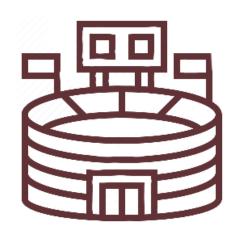
People and skills



Information and data



Financial and investment

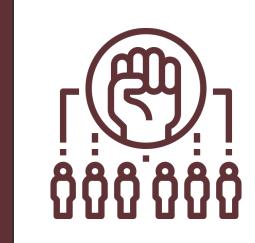


Facilities

IMPACT



- Improved mental health and reduction of self harm
- Community solidarity and empowerment
- Eradication of mental health stigma
- Reduction in antisocial behaviors

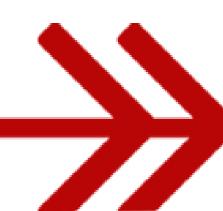


- Happier childhood
- Resilient communities

ASSUMPTIONS

- · Children and youth are attracted to sports (football)
- Sport can enhance physical and psychological health
- · Coaches create safe spaces where children can open up
- Football can support long term outcomes in children
- Football can create community solidarity and unity

of Change



INTERMEDIATE OUTCOMES



- Increased mental health awareness
- Improved coping ability to stress and difficulties



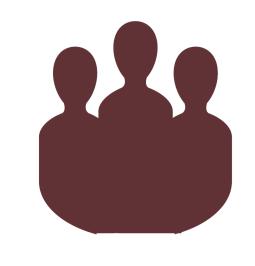
- Improved tolerance and acceptance of others
- Return to, and retention in schools



Improved physical health



LONG TERM OUTCOMES



- Informed decision making
- Self awareness



- Improved community solidarity
- Improved education outcome



Improved mental and physical health









Contribution to Sustainable Development Goals (SDGs)

BUREF focuses on the UN SDG 3(Good health and well-being); specifically on target 3.4 which looks at reducing mortality from non-communicable diseases and promoting mental health. By advancing vital information on mental health, BUREF fosters an environment of support, reduces stigma and builds the resilience of young people to overcome mental and physical health challenges in communities. The project also contributes to SDG 4 (quality education), SDG 11 (Sustainable cities and communities) and SDG 16 (Peace, justice &strong institutions).

Scope, and limitations

The BUREF approach is especially designed to promote mental well-being and build resilience among young people in the age categories 10 – 20 years. It can be used for mental health promotion in schools and communities. The approach can be delivered through community health promoters, teachers, as well as sports coaches.

There is increasing evidence that promotion and prevention can be cost-effective (WHO, 2022). As such, BUREF supports the promotion and prevention required to enhance mental well-being and resilience, prevent the onset and impact of mental health conditions, and drive down the need for mental health care.

The BUREF drills are applicable for a Train the Trainers (ToT) concept and a comprehensive mental health programme, as stand-alone workshops, can be included in already existing mental health interventions and programmes, such as school health clubs, community health facilitators, and on the other hand can enrich sports events with an additional educational component.

It is important to note that sport alone cannot solve the whole range of mental health. The BUREF approach works well with awareness and resilience building but would need complementary approaches to achieve sufficient success in advanced stages of mental illnesses. We encourage coaches and teachers to work with a network of support such as mental health experts and other organisations who may provide the relevant advanced mental health care.

About the BUREF Manual

The BUREF Manual is an easy-to-use booklet that enables trainers (including community coaches, teachers and health facilitators) to provide young people with essential knowledge about mental health through a play-based approach. It supports the delivery of mental health sessions through guiding the delivery of drills that are led by young people themselves and supported by a trained adult.

The manual is created by Watoto Wasoka through iterations of design workshops, trials, failures, and learnings.

To learn how you and/or your organisation can access, use the BUREF Manual, or share feedback on how we can improve it, write to us info watotowasoka.ug.

Learn more about Watoto Wasoka: <u>www.watotowasoka.ug</u>



The manual and the BUREF approach are:

Easy to use



Play-based, peerled, requires not much expertise Affordable



Requires little or no cost to implement

Effective



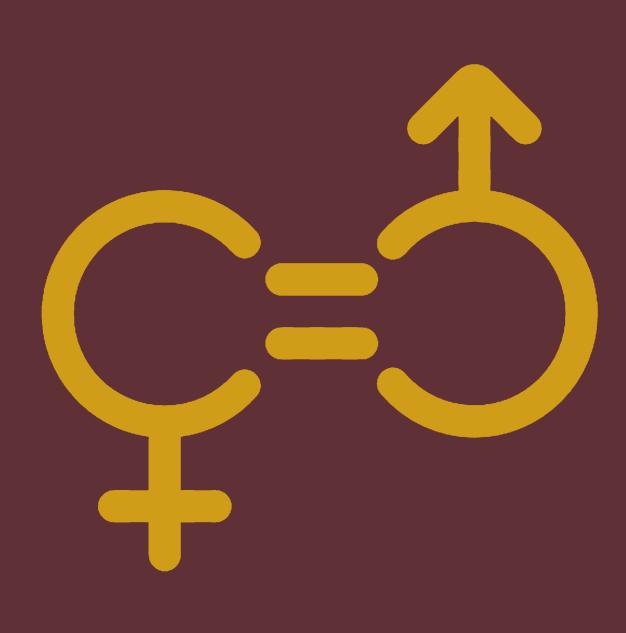
Creates a safe space where children can open up and share their challenges with peers and coaches

Key features of a BUREF session

Active participation



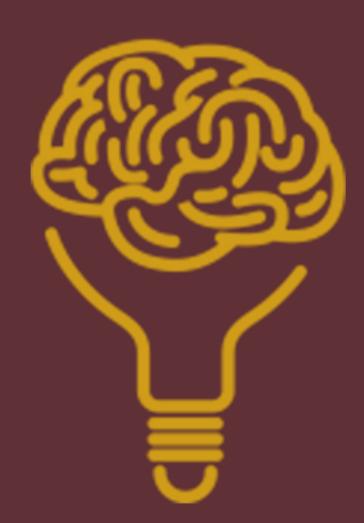
Gender Inclusive



Led by peers



Creativity



Mental health



How to deliver the BUREF sessions:

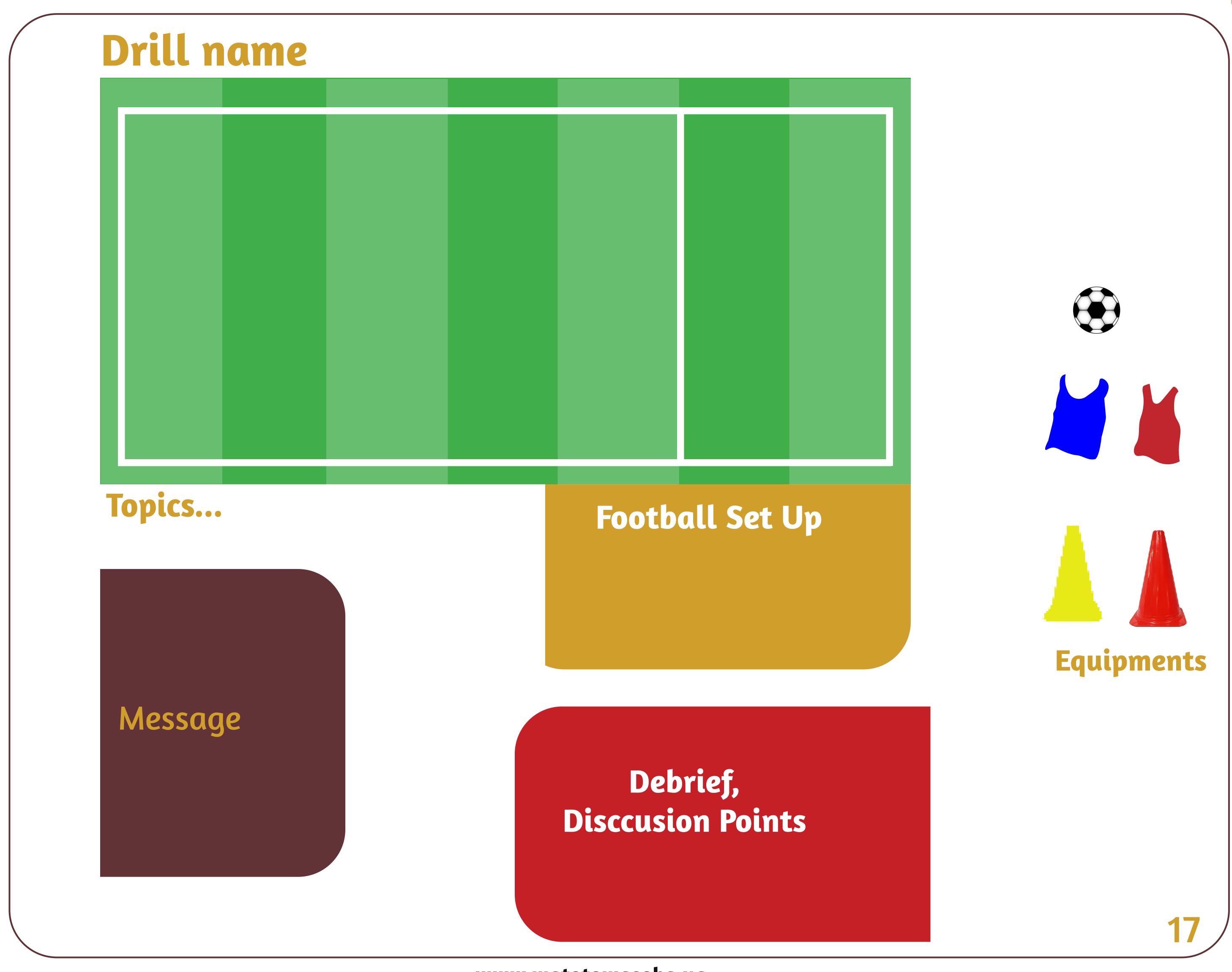
The following explanations will guide you through the particular BUREF drills, which are the heart of the approach, helping you with the instruction of the drills.

It is important to prepare early, including your session plan. Make some research about the theme and topic of your session. Secure and prepare the location of the session.

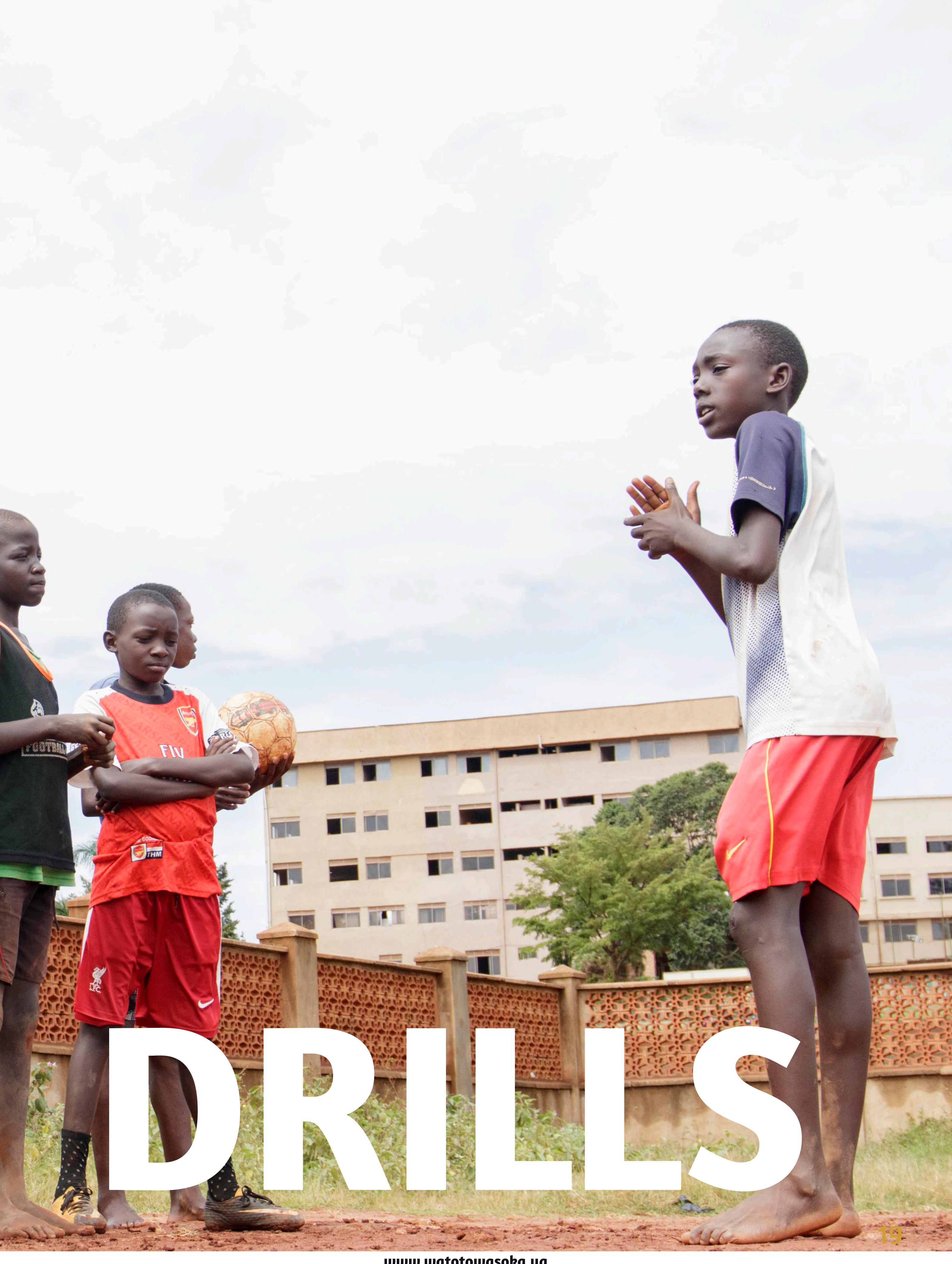
In the drills lay-out:

- Drill name and topic
- Duration (in minutes)
- Equipment (balls, cones, bibs, etc.)
- Difficulty, Age group
- Football / Set-Up: a short description introducing you to the structure of the drill
- Message: Which Mental healththemes does the drill speak to?
- Lay out: a graphical representation of how the drill could look like

BUREF SESSION

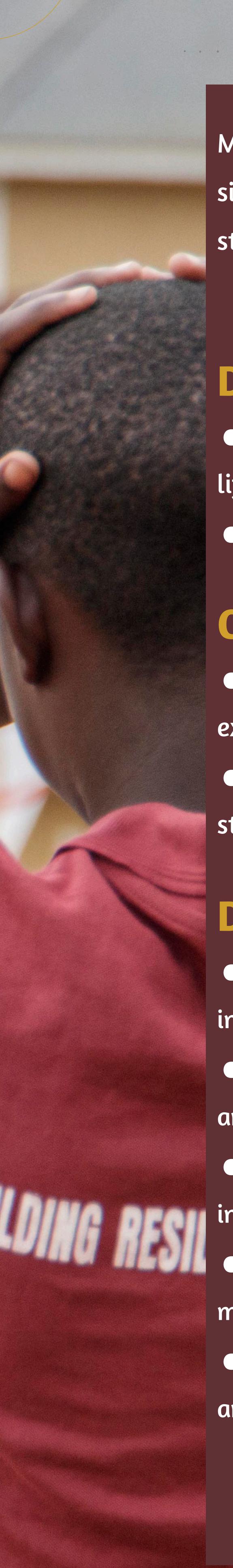






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Mental health encompasses our emotional, psychological, and social well-being. It significantly influences how we think, feel, and act, as well as our ability to handle stress, relate to others, and make healthy choices.

Definition and Importance:

- Mental health is essential for our overall well-being. It enables us to cope with life's stresses, work productively, and contribute to society.
- It is essential at every stage of life, from childhood through to adulthood.

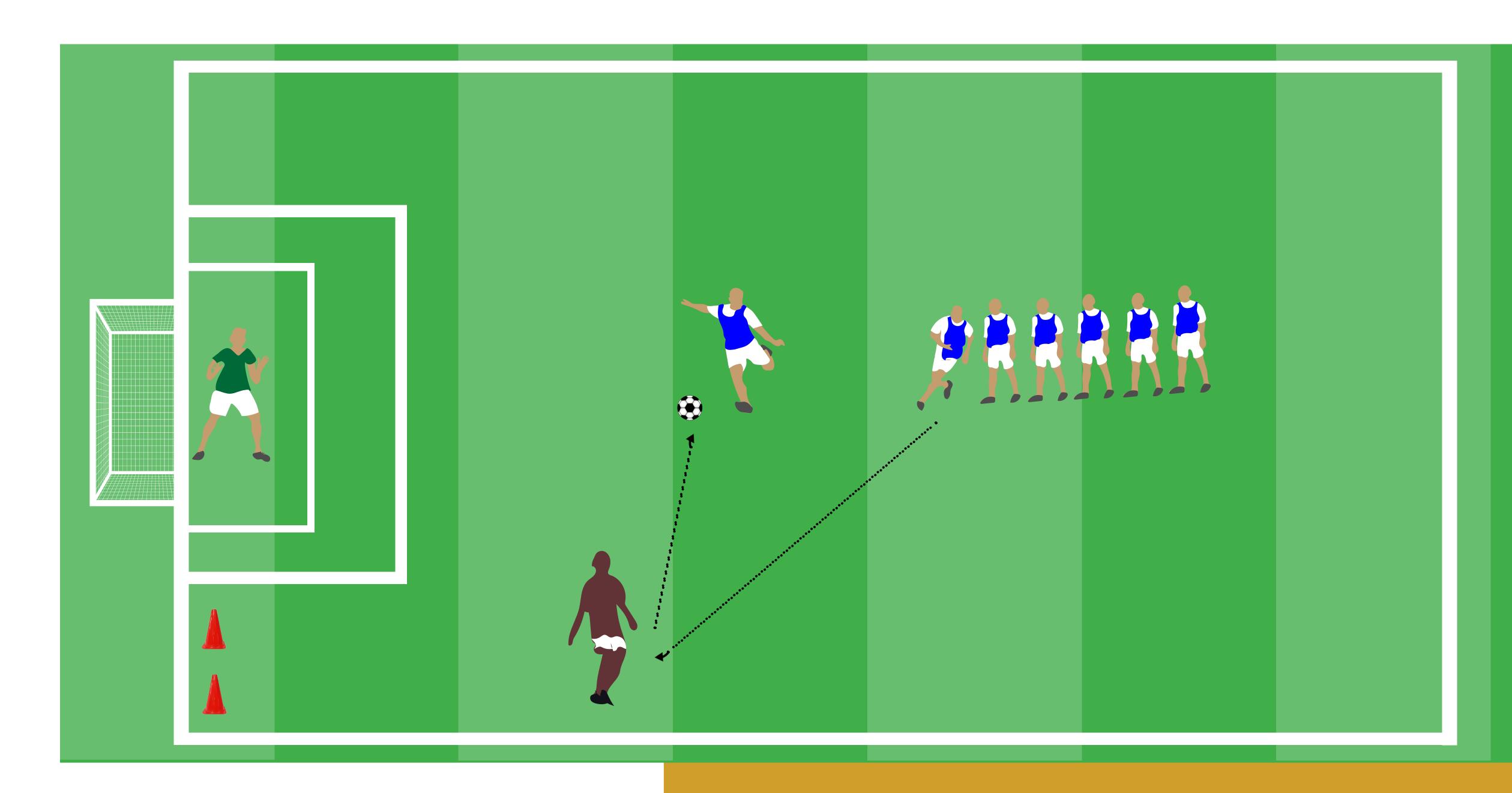
Complex Continuum:

- Mental health varies from person to person, and from time to time; some experience it with ease, while others face difficulties and distress.
- It's more than just the absence of mental disorders; it encompasses various mental states associated with distress, or self-harm risk.

Determinants of Mental Health:

- Individual. One's genetics, innate and acquired skills, emotional skills, obligations, can influence vulnerability to mental health problems
- Family and community. Immediate surroundings, partners, family, and colleagues, work and social communities.
- Structural. People's broader sociocultural, environmental surroundings, such as poverty, inequality, social stability and environmental quality.
- Developmentally Sensitive Periods: Early childhood experiences significantly impact mental health.
- Protective Factors: Positive social interactions, quality education, safe neighbourhoods,
 and community cohesion.

SHOUT TO SHOOT



Topics: Disorders

Football Set Up:

- 1. This is a shooting practice. The player passes to the coach. He shouts out a mental health disorder, then the coach sets for him/her to shoot. If the player fails to score, they should jump a hurdle, or over the cone.
- 2. The coach can include a goalkeeper in goal. This can represent certain obstacles the player needs to overcome as he tries to do away with his/her disorders.

Message:

Scoring is the ultimate goal; to do away with the disorder and celebrate. If a player scores, s/he has dealt with the disorder, if he doesn't, the disorder remains. If the player doesn't say the disorder, the coach doesn't pass/set the ball.

Disccusion Points

- What are mental disorders?
- Examples of disorders.
- How can we overcome them?
- What referrals pathways are available in the community to treat disorders?

KEPING POSSESSION

Message:

The opponents become the stressors/triggers and the community cope with the triggers through the given touches (3 or 4 touches) and play to their safe side for safety to achieve good mental health.

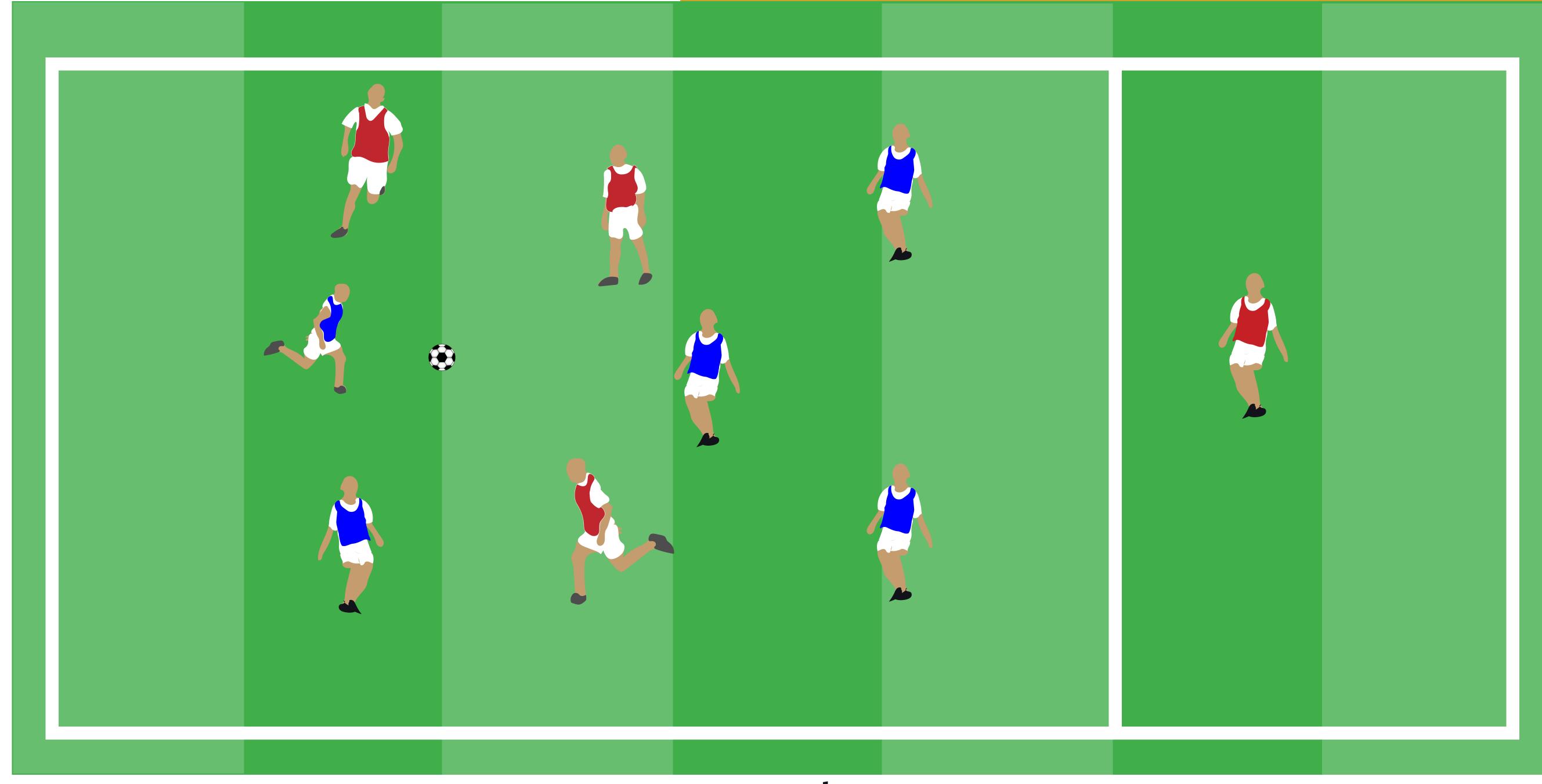
Disccusion Points

- . What tiggers bring us into poor mental health?
- . What are coping mechanisms?
- . What support can help us to cope with triggers?

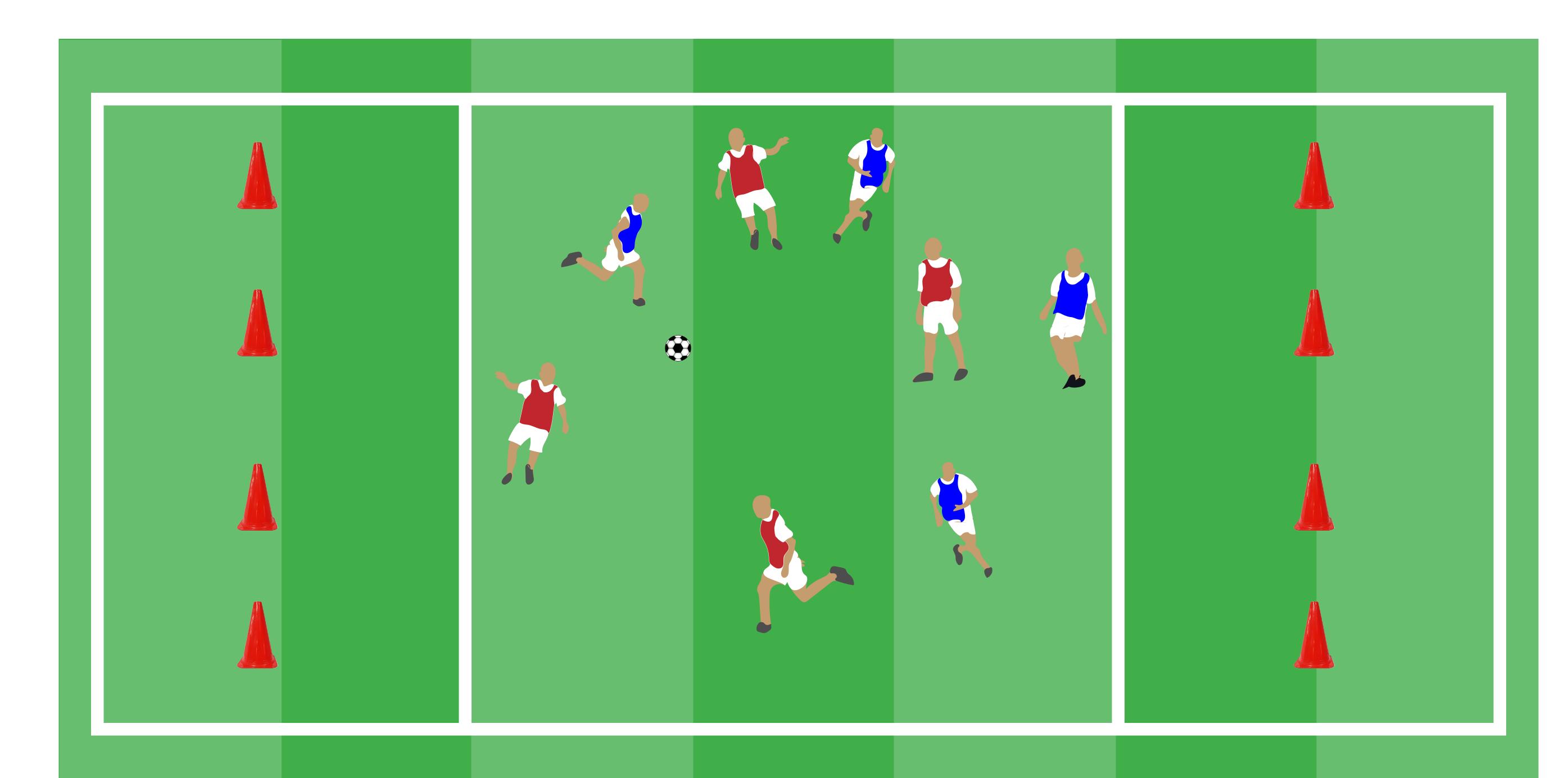
Football Set Up:

A game of 3v5. The community (red) plays three touches and then passes to the player in the safe zone, and that's how they get a point/goal. After a certain time, the coach can have each team switch to being stressors or the community.

Topics: Coping skills



MENTAL ZONE



Topics:

Protect your mental health

Football Set Up:

1. Teams play a normal possession game in the middle part. Each team has a zone to protect. For the blue team to score, a player dribbles into the opponent zone and knocks down one of the cones. For the red team, they dribble into the opponent zone, and they can collect one of the cones and bring it to their mental zone to restore one that was brought down.

Message:

The red zone represents our mental health, which needs to be protected. When a red player gets into the other zone, they can restore their mental health.

Disccusion Points

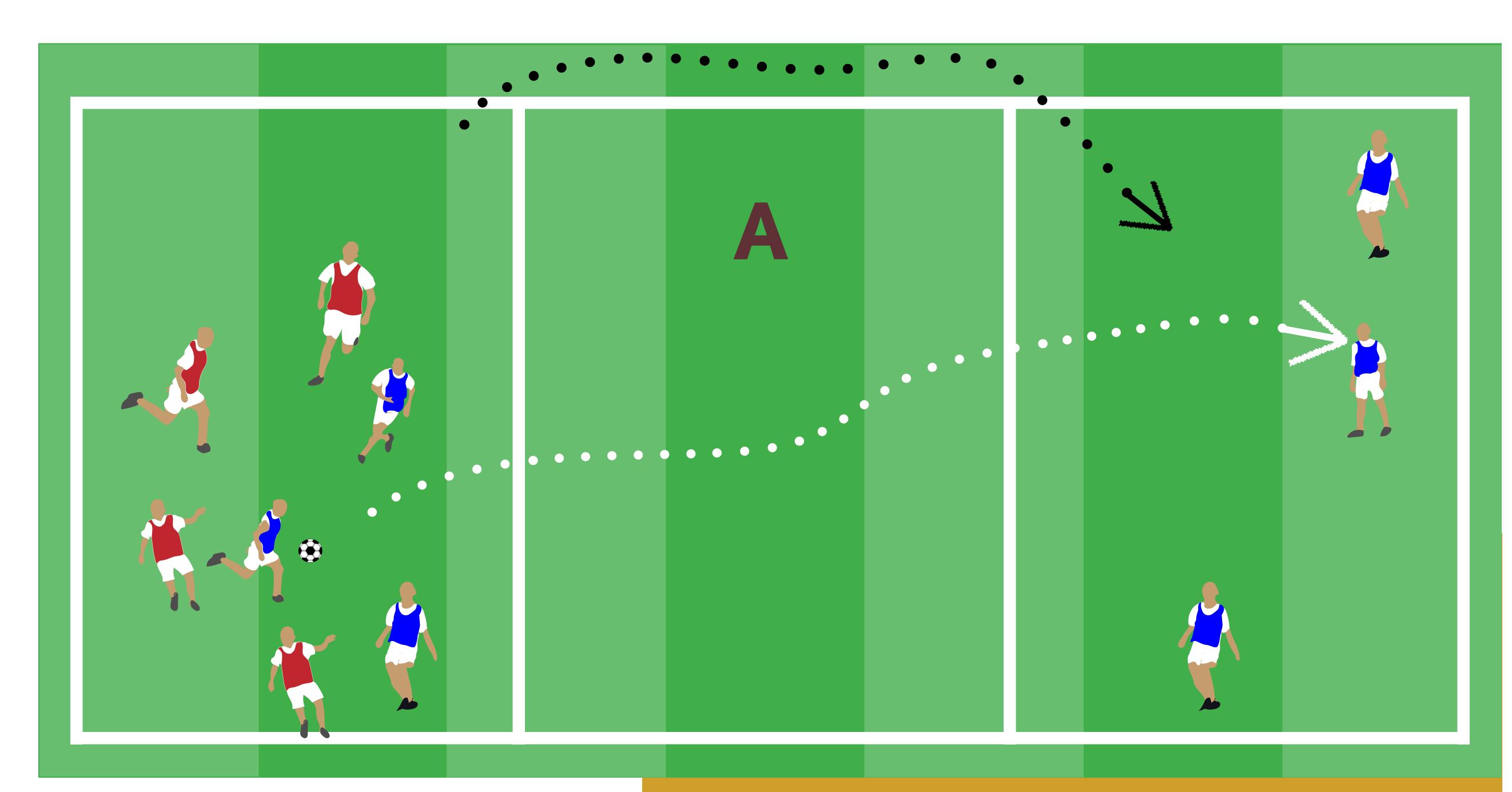
- . What is mental health?
- Why is it important to protect our mental health?

	Mental health triggers	Mental health stressors
Definition	Triggers are specific events or sudden situations that can cause an immediate and often intense emotional reaction, particularly in individuals with existing conditions.	Stressors are broader, ongoing challenges or demands that build up over time, possibly leading to mental health concerns if not well managed.
Example	A person with trauma might experience a flashback triggered by a loud noise resembling gunfire.	Excess workload (at school or work) over several months can contribute to chronic anxiety or burnout.
Duration and impact	Mental health triggers tend to cause a sudden and short-term reaction, though the effects can last longer depending on the individual's coping mechanisms and mental health condition. The impact is often immediate and can lead to acute symptoms such as panic attacks, flashbacks, or emotional outbursts.	Mental health stressors typically have a growing effect over time. They may not cause an immediate reaction but can build up and lead to significant mental health issues if persistent. The Impact tends to be gradual, contributing to long-term mental health challenges like chronic stress, depression, or anxiety.
Nature of response	Triggers often evoke a strong response that can feel overwhelming and out of proportion to the current situation. Example: seeing a certain place might trigger a memory of a past trauma, leading to intense emotional distress.	Stressors create a continuous level of tension that wears down one's mental resilience over time. Example: continuous financial worries lead to ongoing anxiety and difficulty in sleeping.
Connection to mental health	Triggers are often directly linked to existing mental health conditions such as anxiety disorders, or depression. Triggers can cause outbreaks or episodes of these conditions.	Stressors can affect anyone; they can contribute to the development of mental health conditions if they persist unchecked.
Coping strategies	Triggers are often managed through specific coping strategies such as focusing techniques, avoiding known triggers, and therapy (e.g., cognitive behavioural therapy).	Stressors are managed through long-term strategies such as stress management techniques, lifestyle changes, seeking social support, and, in some cases, therapy or medication.





TRIGGER AREA



Topics:

Triggers of mental health

Message:

The area A represents various triggers of poor mental health (e.g., abuse, drug abuse, violence, isolation, discrimination, etc). The area A shows us the various things that may disturb our mental well-being and lead us to poor mental health. These conditions should be shared among the players and also offer ways of staying away from them or overcoming them.

Football Set Up:

- 1. The game begins when the demarcated area A is a no-go zone (out of bounds). Players stay away from this area. If a player is found in area A, or has the ball there, he takes time out of the game to work on his mental well-being; for the second time, he has poor mental health and needs to seek support.
- 2. In progression we can allow the ball to pass through but not the players. In this way, we have mastered how to live with our triggers without them leading us to mental disorders. For instance, a certain level of stress is bearable.

Disccusion Points

- . What are triggers?
- Examples of triggers to poor mental health.
- . What can we do when we are triggered?

GET ACTIVE

Message:

It's important for players to be attentive, keep focus and know their turn. When to run or when to stay. At the end of the game, players converge to discuss why some players never went when they were called upon, or why ran when they were not called.

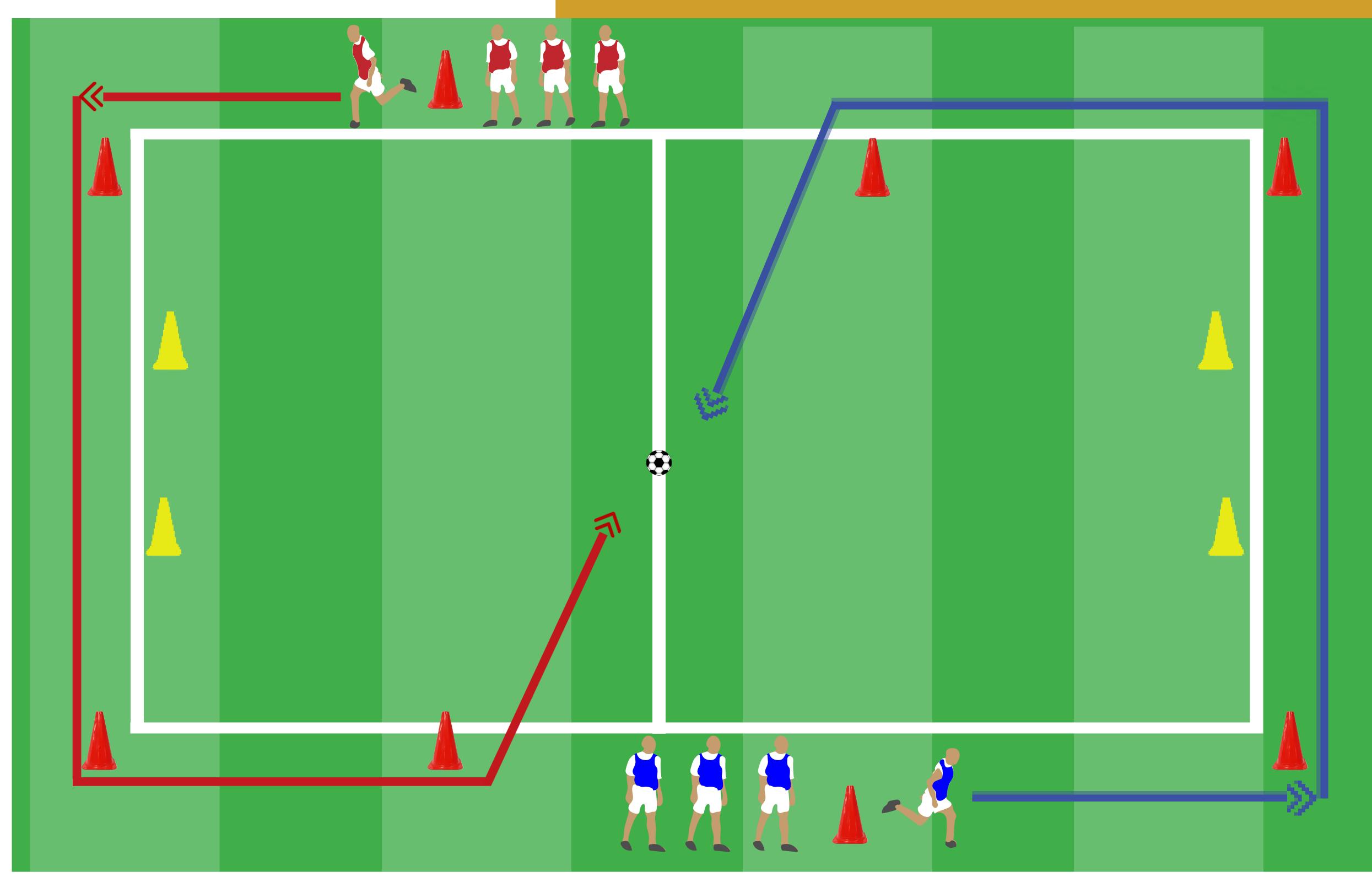
Disccusion Points

- What are stressors?
- Examples of stressors.
- How can we protect our mental health from stressors?

Football Set Up:

- 1. The players are given different colours, the coach calls out the various colours (e.g., red, blue, etc.) and they run in different direction as indicated in the diagram, the first to reach the ball scores a goal.
- 2. The coach can call out more than one colour at a go. The coach can also use numbers (e.g., 1,2,3..) instead of colours.

Topics: Focus



Stressors and triggers are similar, but not the same. They both spark mental health concerns, and cause the feelings and emotions associated with that anxiety, stress and trauma. Common mental health stressors and triggers can vary widely depending on individual circumstances, but some of the most frequently reported ones include:

- 1. Work or school related stress e.g., excess workload, exams, conflicts at school/work, job insecurity.
- 2. Financial stress e.g., loans, living expenses, unemployment.
- 3. Social stress e.g., family conflicts, relationship issues, social isolation.
- 4. Health concerns e.g., chronic illnesses, physical and mental disability that affect normal functioning.

STRESSORS

5. Genetic and biological factors; hormonal changes (puberty, pregnancy, menopause).

AND

6. Major life changes e.g., moving to new environments, divorce or breakups, loss of a loved one.

TRIGGERS

- 7. Environment e.g., exposure to violence and crime, crowded living conditions, climate change.
- 8. Identity and self-esteem issues e.g., body image, discrimination, low self-esteem.
- 9. Digital stressors e.g., social media pressure, cyber bullying, exposure to negative media.
- 10. Global events e.g., pandemics, natural disasters, political unrest
- 11. Substance abuse e.g., drug or alcohol abuse and withdrawal from an addiction.
- 12. Traumatic events e.g., accidents, violence or abuse, natural disasters

These stressors and triggers can contribute to mental health challenges if not managed effectively. It's important to recognize them and seek right support or coping strategies to maintain mental well-being.

COPING SKILLS

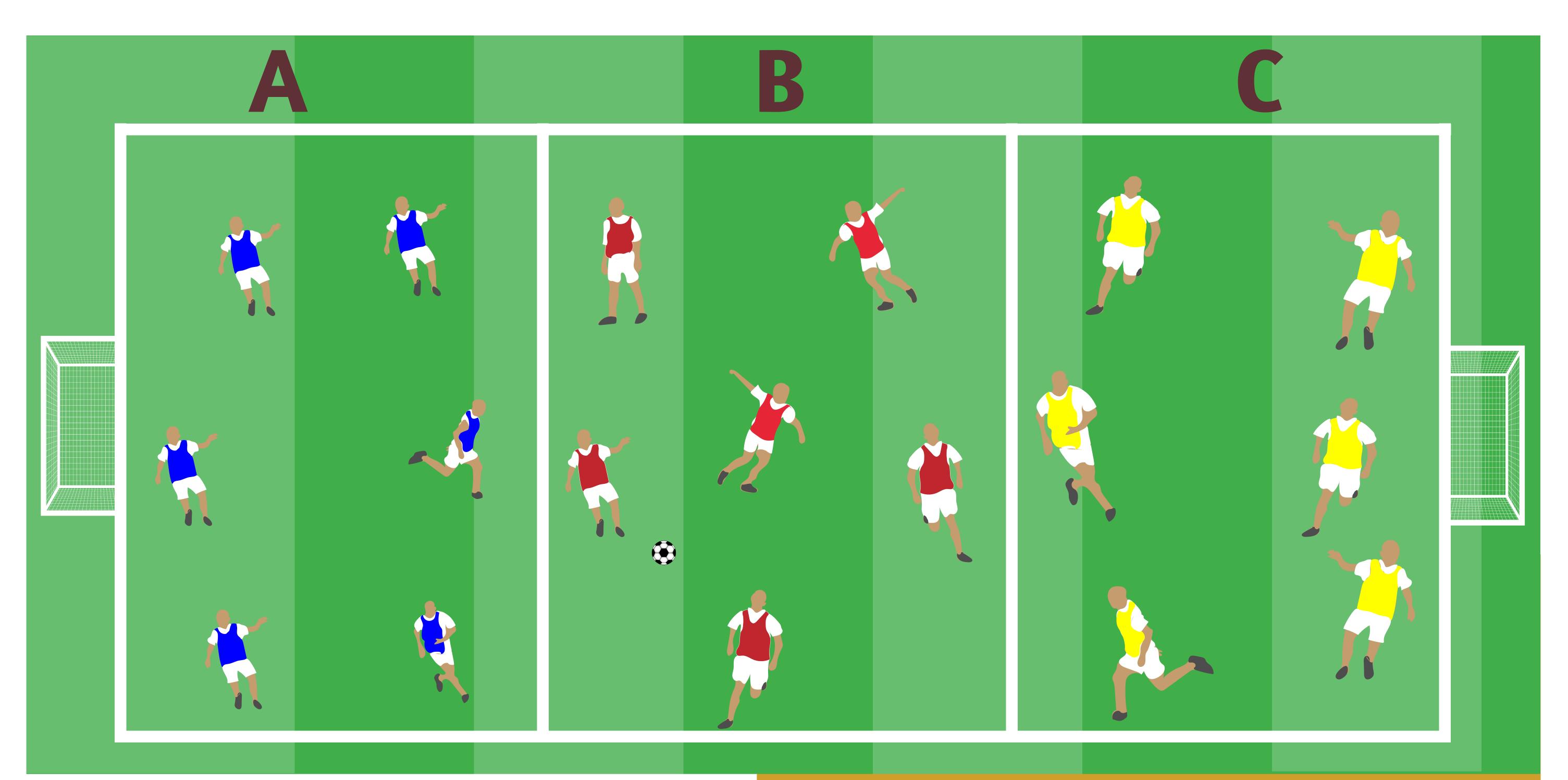
These are strategies and techniques that people use to manage stress, emotions, and challenges in life. Some common coping skills that can help individuals maintain mental well-being include:

- 1. Emotional coping including meditation, deep breathing exercise, crying, and positive affirmation.
- 2. Problem solving e.g., time management, seeking solutions or support, creating action plans.
- 3. Physical strategies e.g., exercise, healthy eating, enough rest/sleep, hobbies and interests.
- 4. Cognitive strategies e.g., visualisation, distraction, acceptance, maintaining a positive outlook.
- 5. Social strategies e.g., talking to someone, support groups, spending time with friends, volunteering.
- 6. Behavioural strategies e.g., developing routines, avoiding triggers, taking breaks, self-care, saying no.
- 7. Spiritual strategies e.g., prayer, reflecting on purpose, speaking to spiritual leaders.
- 8. Humour and play e.g., fun movies or comedy, playing fun games.

Coping skills vary from person to person, what works for one may not work for another. It's helpful to try different strategies and develop a toolkit of strategies that can be used in various situations.



DEFEND YOUR HEALTH



Topics: Panic attack

Message:

The team in area C represents panic, mood swings and anxiety. These can attack any group/person at any time. Players need to be ready to defend their mental health against such attacks. It's important to share how we can protect ourselves from such attacks to our mental health.

Football Set Up:

- 1. The players in pitch C, which is the panic zone, start with the ball. They decide which side to attack. If they score, they take over the pitch, and the defending team comes to pitch C. When the defending team steals the ball, it comes to the pitch C and then decides which group to attack next.
- 2. The coach can direct the team in area C on which team they should attack. The game can then turn to a winner-stay game to see which team defends their mental health the best.

Disccusion Points

- What is panic?
- What is a panic attack?
- What are the triggers of panic attacks?

CHOICES FOR GOOD MENTAL HEALTH

Disccusion Points

- . What can we do to have good mental health?
- . What other things can we do to achieve good mental health besides the choices in the drill?

Message:

The goal represents mental well-being. To achieve this, we need all the four (or even more) areas of physical and mental health.

Football / Set Up:

- 1. Two teams play a game to goal. A goal is scored after the team has moved in all the four centres. No running is allowed. The player should not move with the ball. When the ball hits the ground, the ball is given to the opponents. When a player receives the ball inside the centre, he or she must say out the name of the centre.
- 2. Passing the ball can be by feet or hands. You can introduce running later.

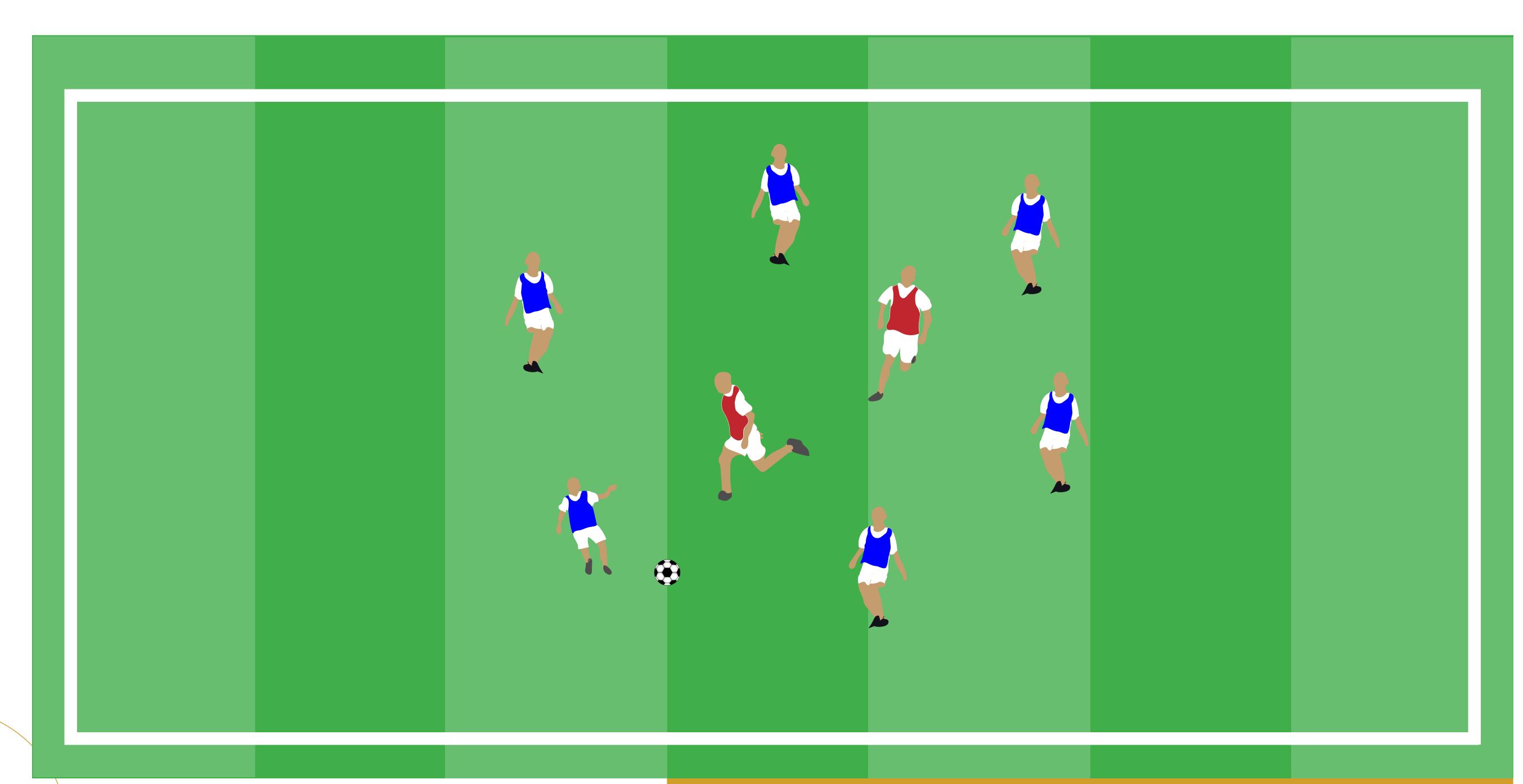
 Be sure to prevent running with the ball so that all the team members are involved.

Topics:

Mental well-being



PROTECT YOUR MENTAL HEALTH



Topics: stressors

Message:

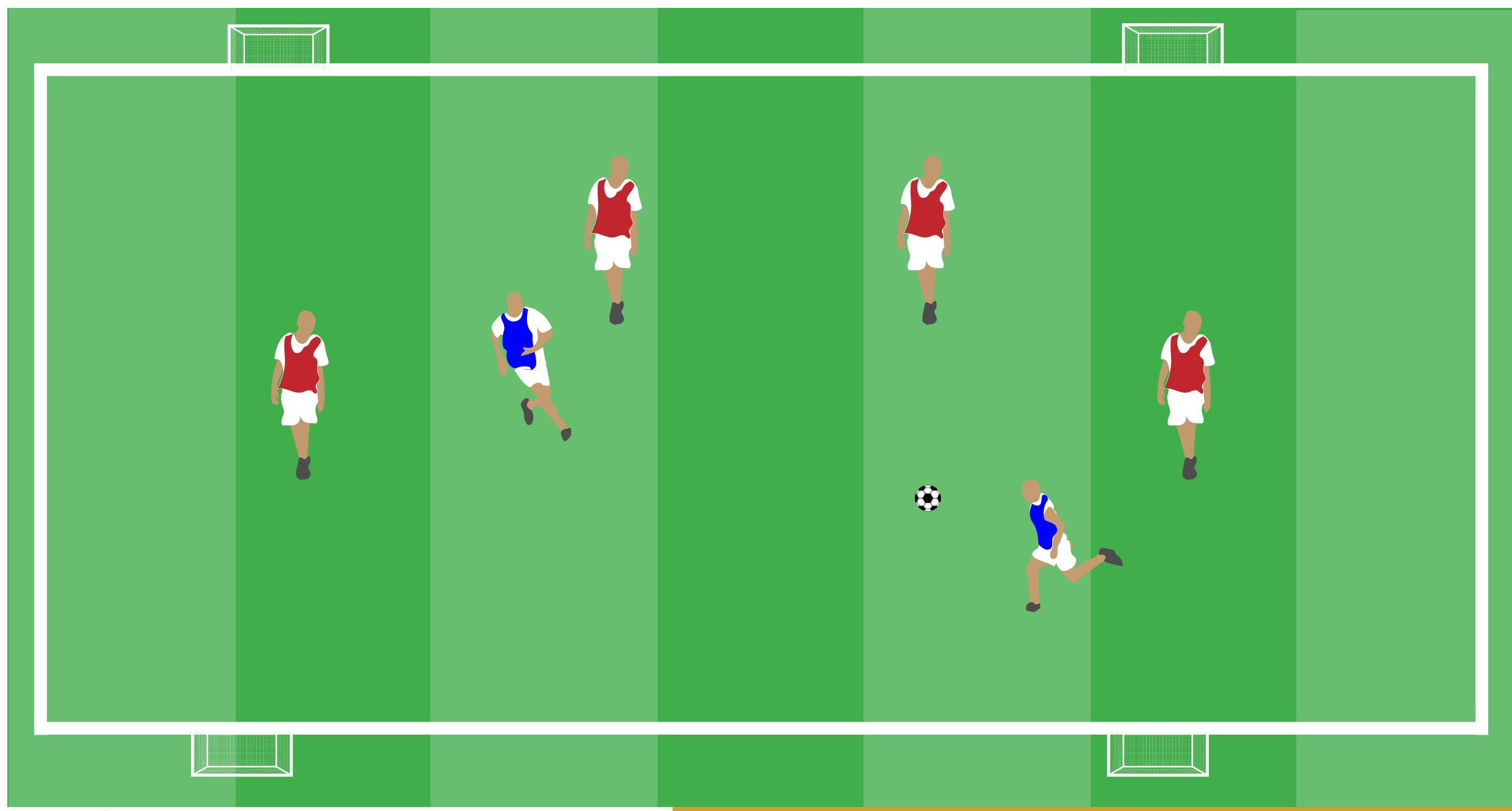
The blue team represent stressors. The red team is the community which has to take care of their mental health and protect it from stressors.

Football Set Up:

- 1.Play starts with no opponents, i.e., without the blue players. Team red possesses the ball. The coach then introduces two blue players who chase for the ball. When the blue player touches the ball, the red player is eliminated from the game until the teams are even.
- 2. You can also give the red team normal touches. If they play 5 touches, they can have an extra player.

- What are stressors?
- Examples of stressors.
- How can we protect our mental health from stressors?

STAY ACTIVE



Topics:

Physical well-being

Message:

The team that has more mobility has higher chances of scoring and winning. Mobility represents physical activity and fitness such as exercise.

Football Set Up:

Normal game to score. Start with 2v4. Red team (4 players) is can only walk, while blue team (2 players) can run. You can set up more than one pitch or increase the players on each team. When the blue team scores, they freeze one red player. When the red team scores, they unfreeze their player.

- The importance of play and exercise well-being contributes to mental well-being.
- . What can we do to keep active?





Refers to the ability to recover quickly from difficulties, adapt to challenges, and bounce back from hardship. It involves mental, physical, and emotional aspects, each playing a crucial role in overall well-being. Resilience can be mental, physical or emotional resilience.

Resilience	Definition	Examples
Mental Resilience (MR)	MR is the capacity to maintain focus, clarity, and cognitive function in the face of stress, uncertainty, or hardship. Involves being open to new ideas, stress management, and optimism.	A student remains focused and performs well on exams despite personal difficulties. A leader makes clear decisions during a crisis, staying calm and guiding the team effectively.
Physical resilience (PR)	PR is the body's ability to withstand, recover, and adapt to physical stressors. Involves maintaining good physical health, endurance, and healing from injury and illness. Healthy lifestyle e.g., regular exercise, proper nutrition, adequate sleep, and hydration can support physical health.	An athlete recovering quickly from a bad injury and returning to competition. An individual who maintains physical activity and health despite aging or chronic conditions.
Emotional resilience (ER)	ER is the ability to cope with and manage emotional challenges, maintain emotional stability, and recover from emotional setbacks. It involves understanding and regulating one's emotions effectively.	Navigating the grief of losing a loved one by seeking support and healing over time. Staying calm and composed during conflicts or high-pressure situations.

UNDER STRESS

Message:

The restrictions on the defenders; being few, not communicating, not scoring; show a certain level of vulnerability. The defenders are undergoing a difficult mental situation involving stress. The attackers are the mental disorders. Players need to know when to call for help.

Defenders have to withstand the disorders to stay alive and healthy.

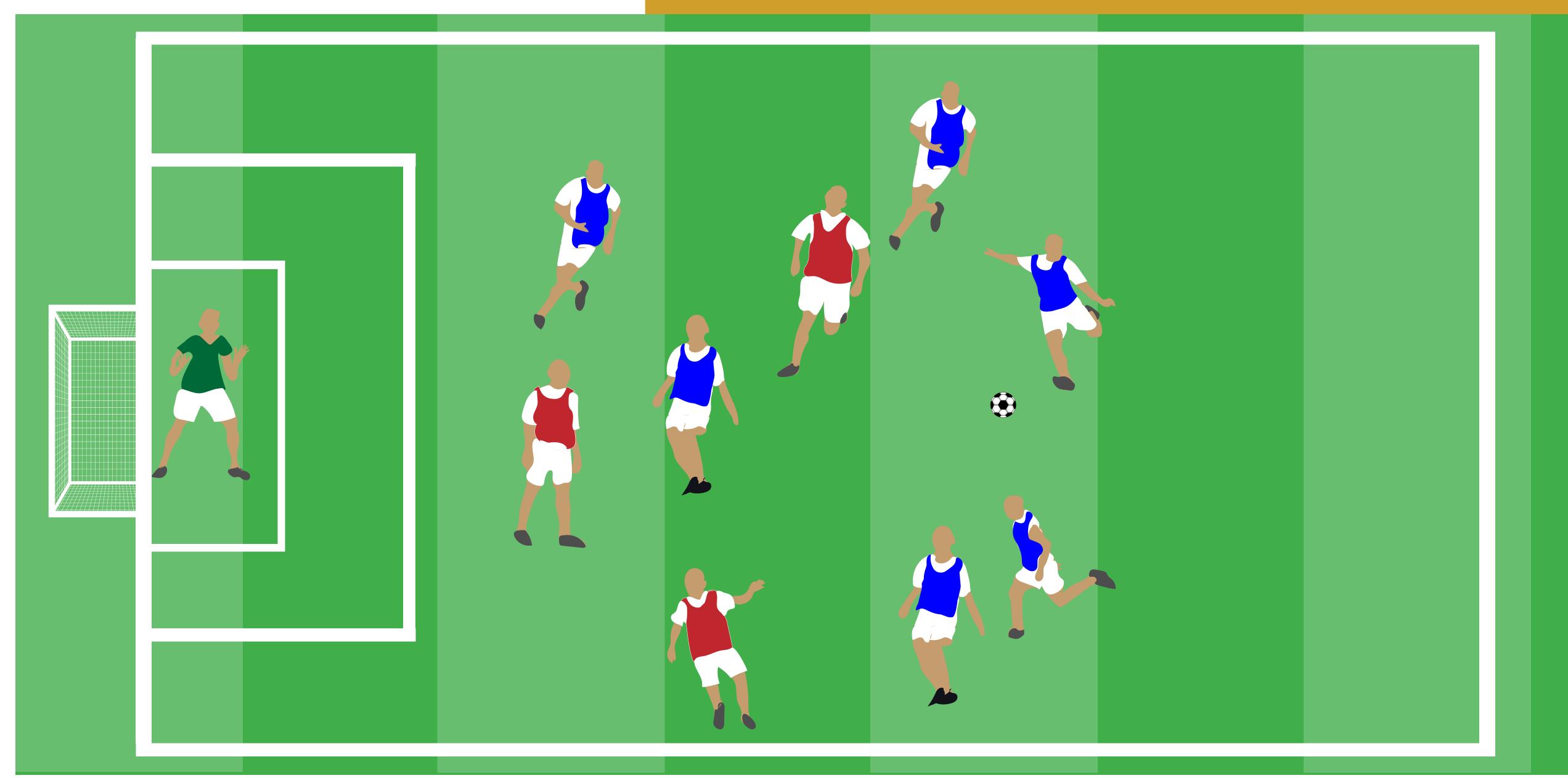
Disccusion Points

- .What's stress, and what causes it? How to overcome stress?
- .What kind of support is accessible for you in the community?

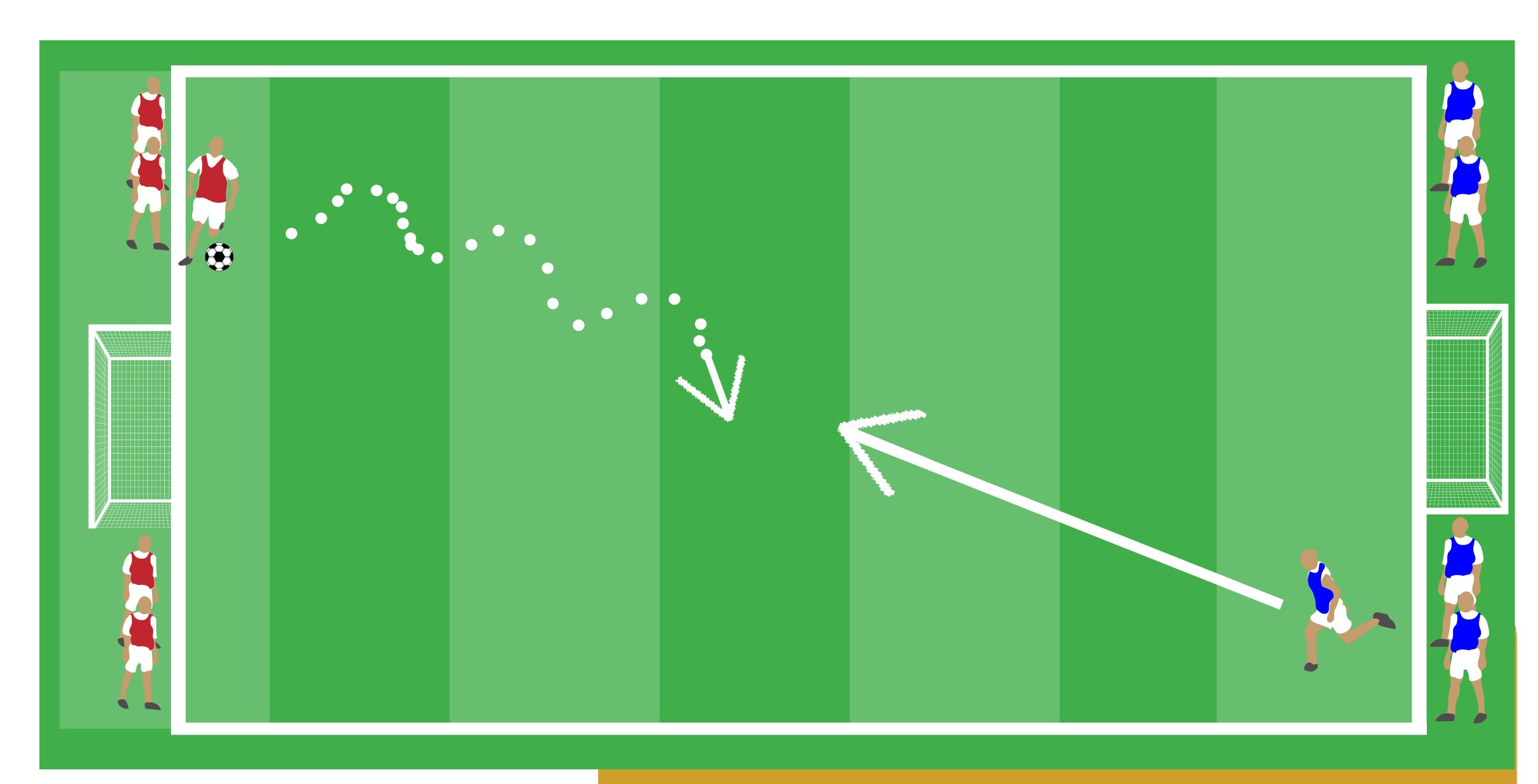
Football Set Up:

- 1. The defenders are few. They cannot score. They don't communicate with each other. On the other hand, the attackers are more and have a normal play with scoring.
- 2. The defenders can be allowed to call for help, e.g., ask for help from the coach, by asking for more players to join them and support them. The coach can then bring in more defenders, one at a time until the teams are even and normal play allowed between the teams

Topics: Disorders



ENDURANCE



Topics: Resilience

Message:

When attacked, good defence represents resilience, endurance with abilities of focus and attention, which shows great mental flexibility.

Football Set Up:

- 1. Player (red) attacks the defender (blue).

 After scoring (or not scoring), blue player now responds with an attack to the red team. These turns of defence vs. attack continue.
- 2. You can start with 1v1, and progress to 2v2 or 2v3, etc.

- Discuss with the participants about physical and mental resilience.
- What is resilience?





Emotional well-being refers to the ability to manage one's emotions, cope with life's challenges, and maintain a positive outlook. It is not just the absence of mental health issues but a positive state of flourishing that enables you to enjoy life and face challenges with confidence.

It's important to regularly check in with yourself and take steps to maintain or improve your emotional health. This could involve:

- Awareness: Recognising and understanding your emotions.
- Acceptance: Accepting both positive and negative emotions without judgment.
- Management: Handling emotions in a positive way that aligns with your values.
- Resilience: Bouncing back from adversity and stress.
- Sense of Purpose: Having goals and a direction for your life.
- Positive Relationships: Cultivating supportive and nurturing relationships.
- Self-Care: Engaging in activities that promote your overall health.
- Professional Help: Seek support from a mental health professional if needed.

CHANGING TIMES



Message:

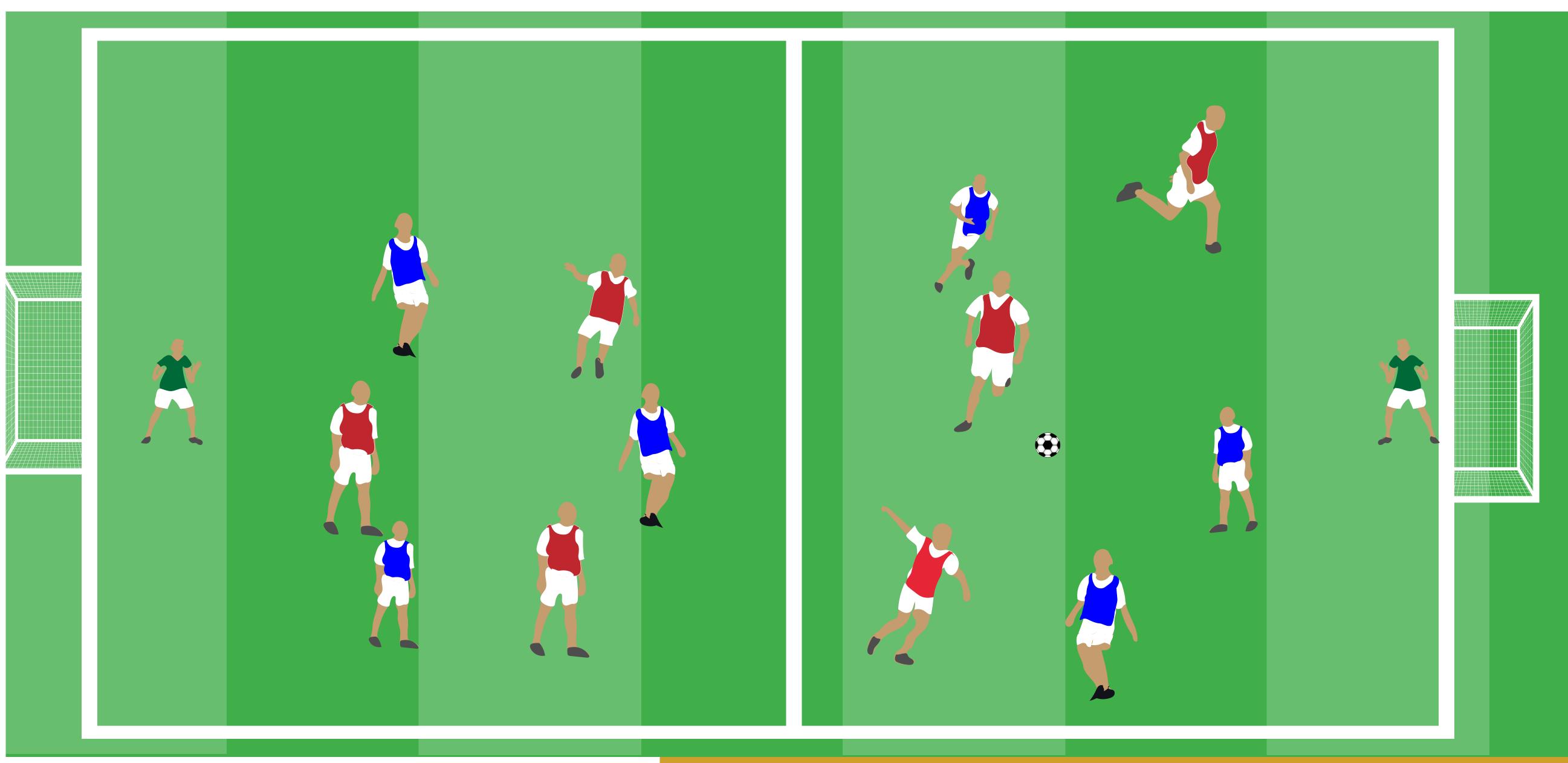
Each square represents a different mental health experience. As players move from one pitch to the other, with increasing difficulty, they experience how your mental health can change overtime.

Football Set Up:

- 1. There are three pitches: 1, 2, and 3. Play starts at pitch 1. After some time, the coach calls "Pitch 2" and players must move to the next square and resume the game. And the same happens to pitch 3.
- 2. In pitch 1, normal play with goals. In pitch 2, the coach introduces a second ball. In pitch 3, the teams have two goals to defend and can also score in two goals.

- How did the players feel when they were changing into different pitches. Can our mental health change?
- What are some of the things that could cause our mental health to change from time to time.

BALANCED DIET



Topics: Nutrition

Message:

Balancing the team as you score represents having a balanced diet in your meal.

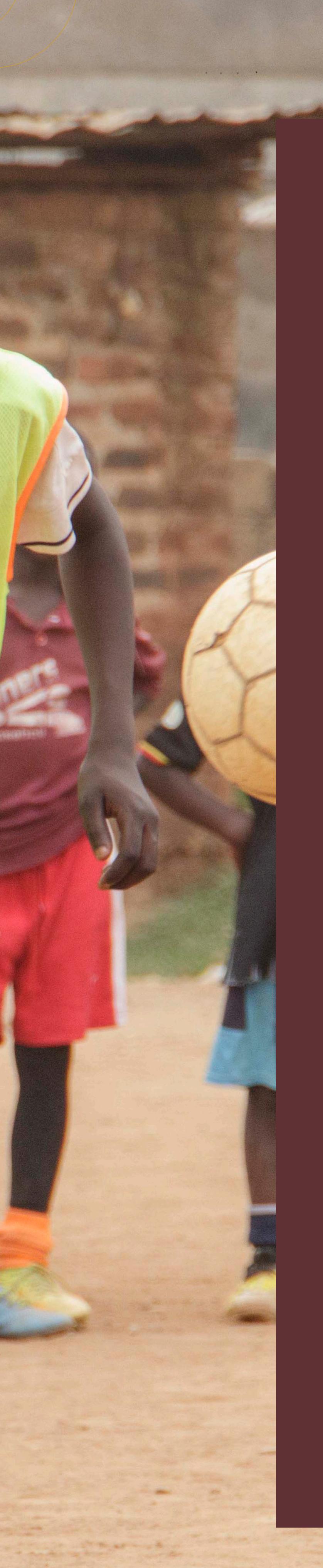
Having a balanced diet can lead to a good mood and improves emotional well-being.

Football Set Up:

Split the pitch into two halves. Teams should be of even numbers (e.g., 4, 6, 8, 10..). A team can only score if half of their team is in one half, and the half is in the other part of the pitch. If not, the other team is awarded the goal.

- . What is a balanced diet?
- How can you ensure you have a balanced diet more regularly?





Having a strong network of friends, family, and peers provides essential support and assistance during challenging times in the following ways:

- Combatting isolation and loneliness: Having people you can turn to when you're going through difficult times is essential.
- Providing Encouragement and Motivation: Your support network offers words of encouragement, helping you stay resilient and focused on your goals.
- Practical Assistance: When needed, your network provides practical assistance including professional, moral and financial assistance.
- Warning Signs: Your support system can recognize warning signs of distress or mental health challenges and help you to seek professional help.

Support network is different for everyone. It can include family members, coaches, friends, teachers, local leaders, counsellors, and other organisations.

Building and maintaining a support network is an ongoing process, and it's essential to be open to receiving support in different forms.

SOLIDARITY

Message:

Playing in pairs means working together, in solidarity. Working together is critical for the team to achieve its goal. Players in pairs can support each other by complementing each other's strengths and weakness.

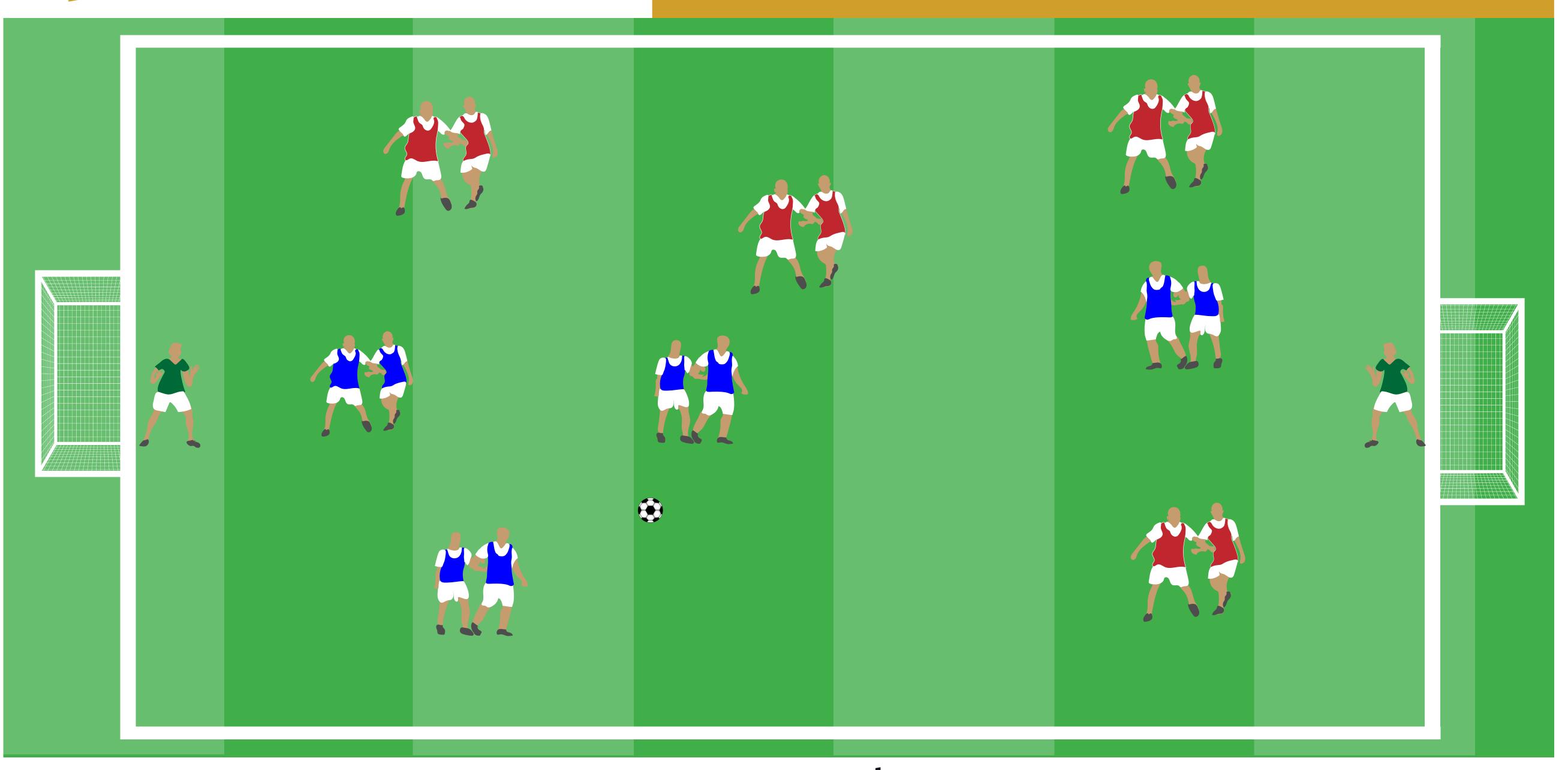
Disccusion Points

- When do we need to cooperate with others? How can we improve solidarity in our communities?
- In our communities, when and how do we work together?
 At home, at school, in our teams?
- How can we support other members in our communities?

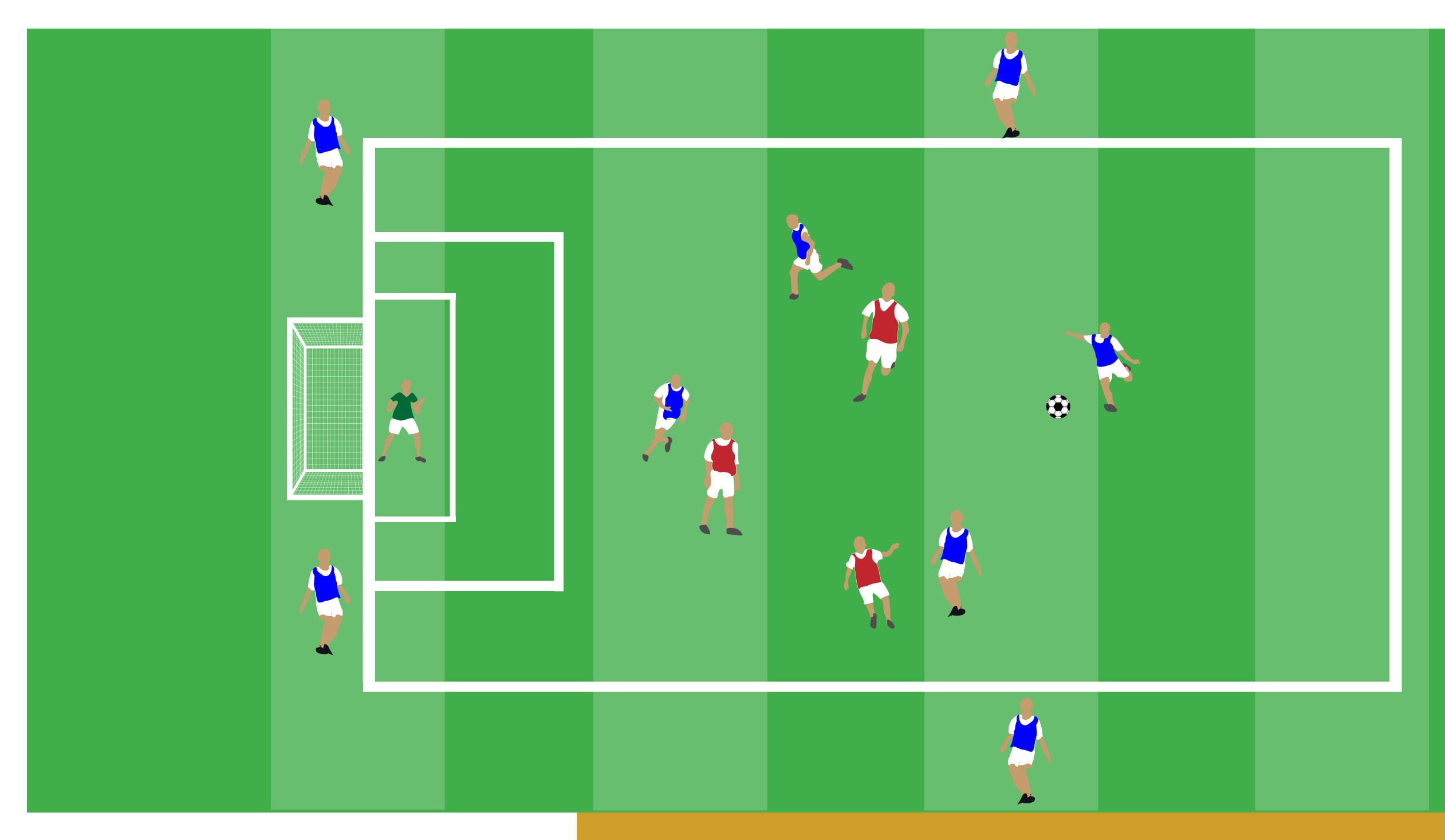
Football Set Up:

- 1. Players are tied together in pairs e.g., holding hands with each partner or legs together. They play a normal game in teams.
- 2. The coach can tie more players togethers, e.g., three players. You can also add goals.

Topics: Social cohesion



IT'S NOT FAIR



Topics: Resilience

Message:

Attackers represent mental disorders. The defenders have to resist and keep up with these attacks for a certain time before conceding a goal

Football Set Up:

- 1. Set up a simple game of defence vs attack; but include more attackers on the side lines as shown. On the pitch, it's 4 defenders vs 4 attackers, but the attackers have more support on the side-lines. The attackers can pass the ball to the players on the side-lines who can assist them in their attacks.
- 2. The defenders can also score. If the defenders score, an attacker is removed until both teams have the same number and play a normal game. Add goals for defence team (red). Also add their supporters, , they can score with the help of support networks on the side-lines.

- Difference between mental disorders and poor mental health.
- Where can we get support to overcome mental disorders?
- What are mental disorders?
- Examples of mental disorders.

GOOD LIFE

Message:

The good life zone represents good mental health. We get to the zone using the support at our disposal on the sides. Team blue makes good use of the support on the sides to get to the good life zone and score.

Disccusion Points

- Where can I seek support from my community?
- Barriers to mental health support, and how to overcome them?

Football Set Up:

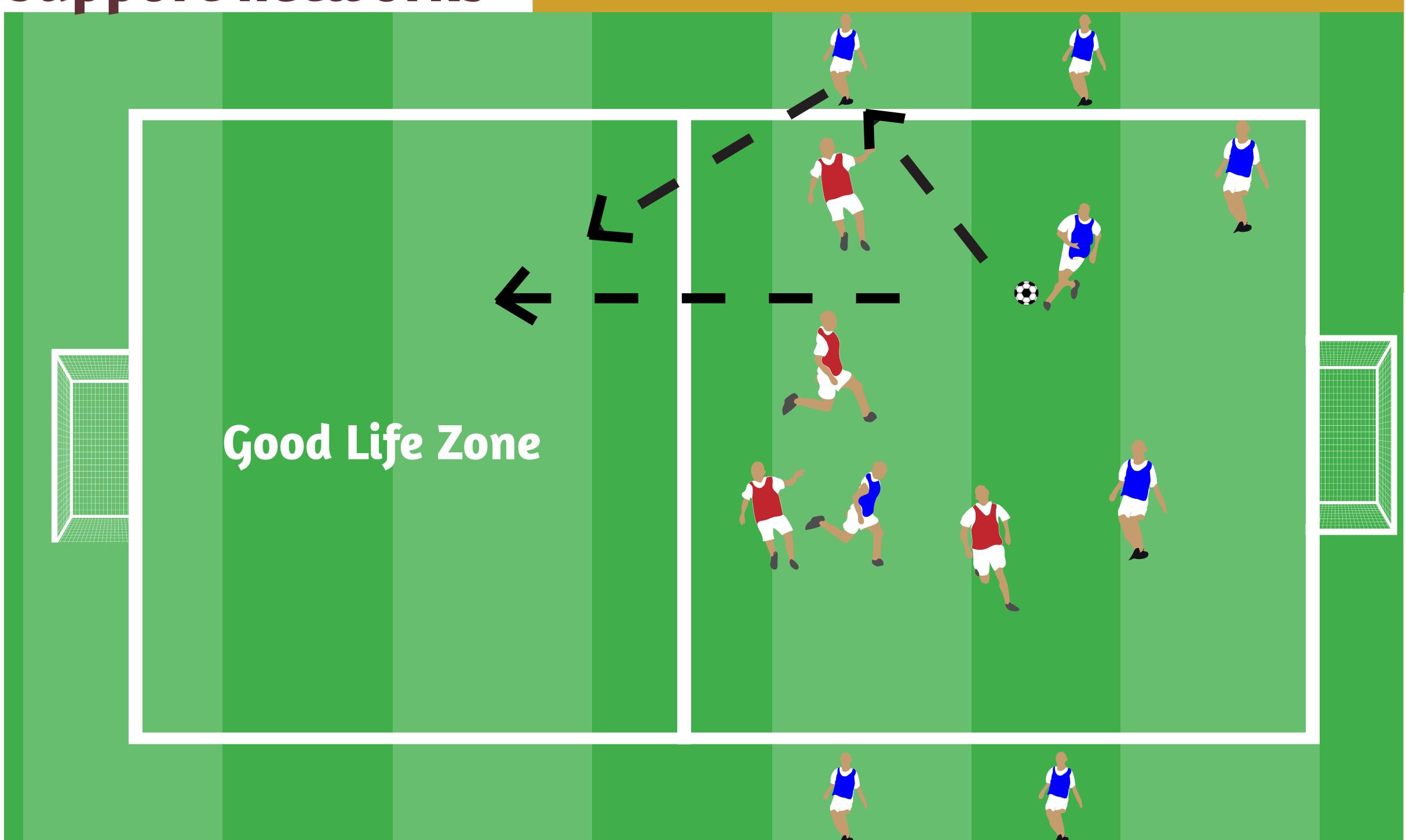
A normal game with goals, but both teams in one half, the blue half, as shown.

The blue team has support on the side-lines. Play starts with the red team attacking the blue team to score.

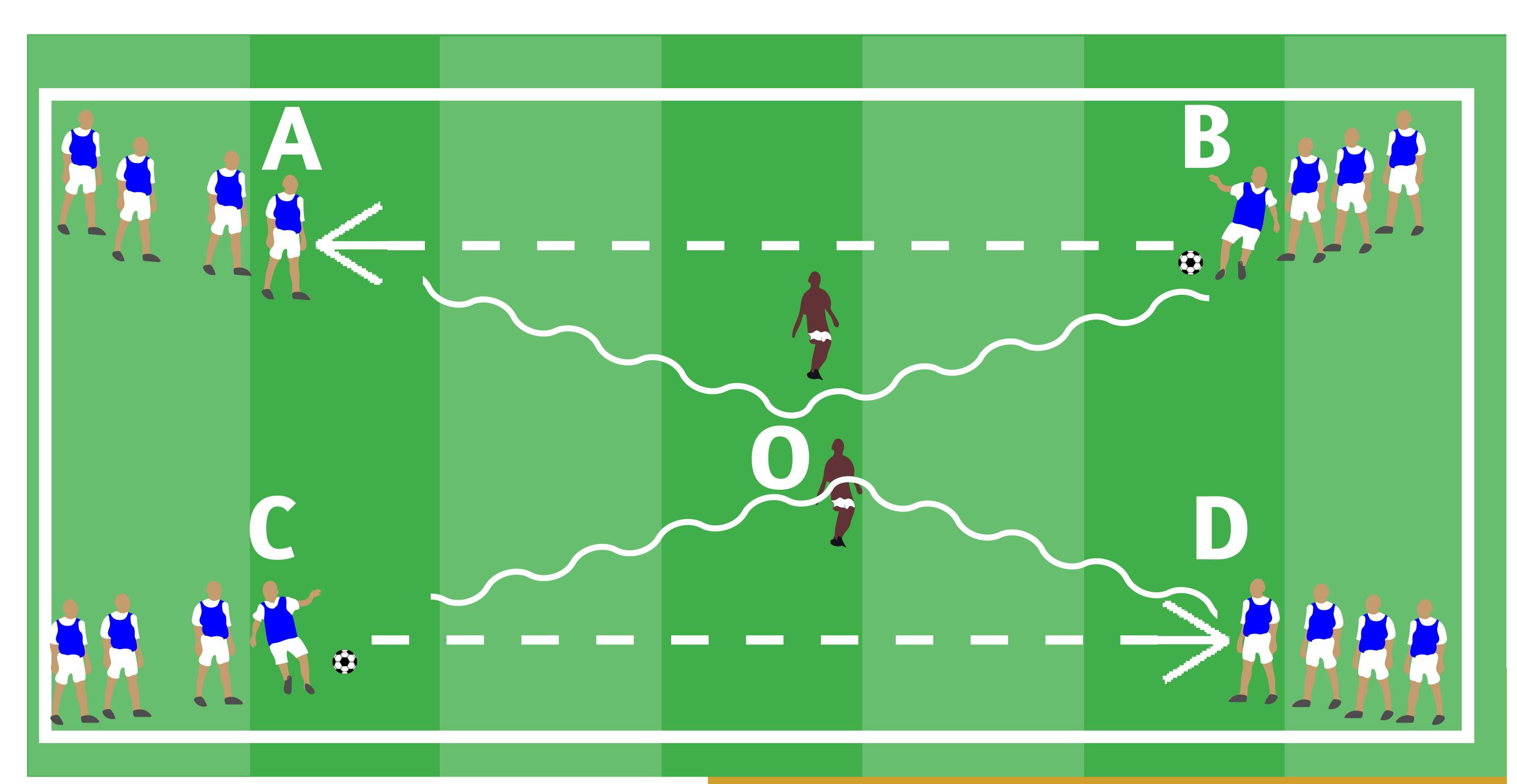
When the blue team gets the ball, they can pass to the supporters on the sides, who then pass to them in the good life zone. In this zone, they score against a goalkeeper.

Topics:

Support networks



SEEKING SUPPORT



Topics: Support network

Football Set Up:

Point B and D represent mental health support centres. A and C represent the community. O is the turnover as they dribble past to seek support.

Message:

When we have challenges, we go (dribble) to mental health centres where we can seek mental health support. We meet challenges/barriers along the way which we need to overcome.

- Where can I seek support from my community?
- Barriers to mental health support, and how to overcome them?

Support systems

Organisations that offer mental health support in our communities:

STRONGMINDS UGANDA

Plot 32 Luthuli Rise - Bugolobi

PO Box 35874 Kampala - Uganda

+256200923340

info@strongminds.org

TPO UGANDA

Munyonyo – Wamala close plot 652 block

257

PO Box 21646 Kampala - Uganda

0800322170/+256414510256

info@tpoug.org

AWESOMEMINDSPEAKS

Kalinaabili Zone 4 Ntinda

PO Box 111544 Kampala – Uganda

+256200904730

hello@awesomemindspeaks.org

UGANDA COUNSELLING ASSOCIATION

Ntinda – Martyrs Crescent

UHMG building 2nd Floor room F-10

+256392831139

counsellingassn@gmail.com

MENTAL HEALTH UGANDA

Lungujja Makamba zone cell 15 house 58

info@mentalhealthuganda.org

0800212121

KAMPALA COUNSELLING SERVICES

Akamwesi Complex

PO Box 16081 Kampala – Uganda

+256741056164

info@kcsug.com

UGANDA COUNSELLING AND SUPPORT SERVICES

Kalungu Parklane Bunga

Plot 450 Kampala – Uganda

ucss@ugandacss.org

SB BOSA MENTAL HEALTH UNIT

Haji Musa Kasule road – Kampala

+256782689383

BUTABIKA NATIONAL REFERRAL MENTAL HOSPITAL

Plot 2 Butabika road

PO Box 7017 Kampala – Uganda

0800211306/+256414504376

POSSIBLE SUPPORT

Message:

A defender without support finds difficulty in the game. Life can be hard for a defender who doesn't know where to find support.

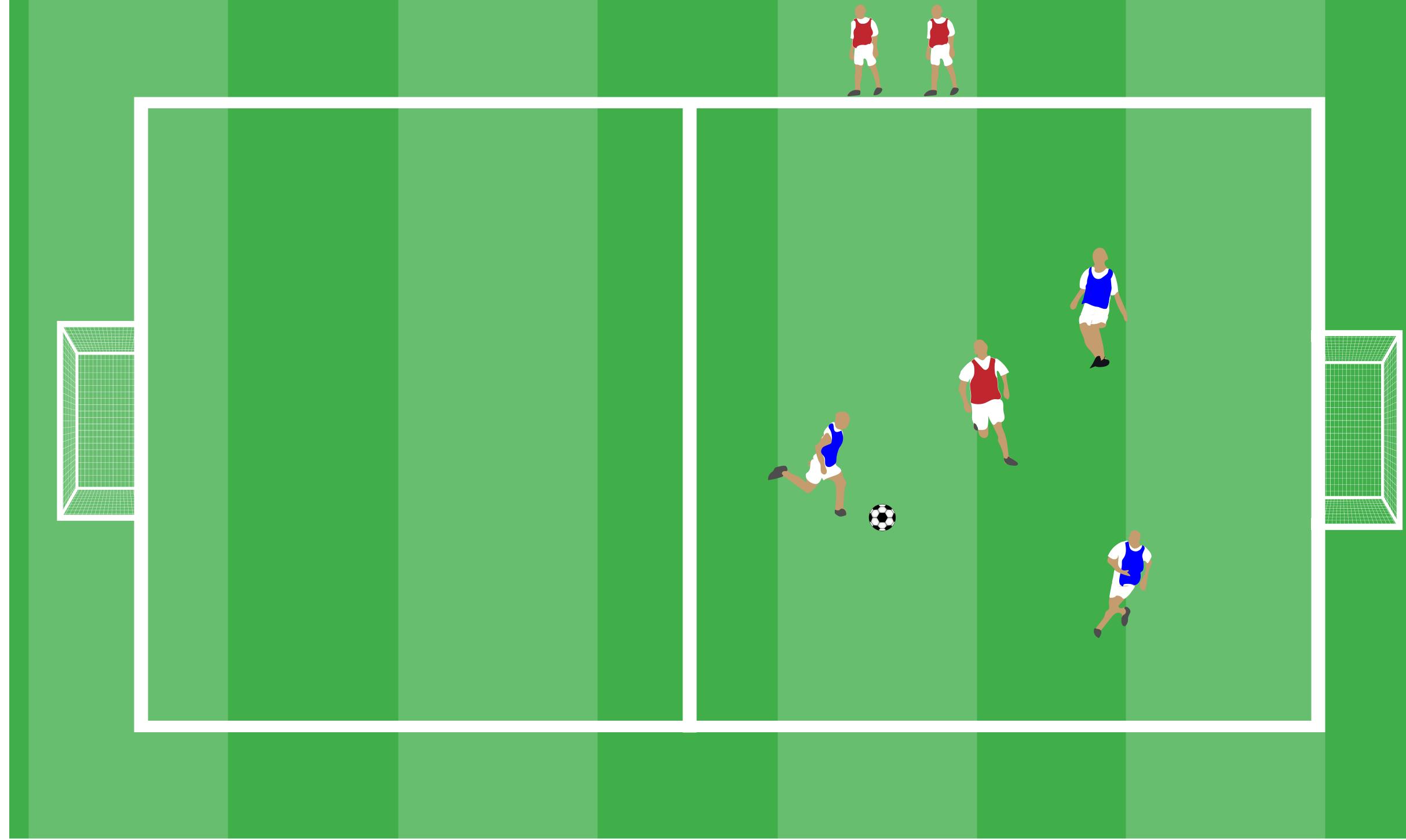
Disccusion Points

• What are the possible support networks we can seek to support our mental health?

Topics: Support network

Football Set Up:

- 1.Play starts with 1v3 or 2v5 situation.If the defenderintercepts the ball, 2 or 3 opponents go out, and 2 or 3 of his teammates enter. The gamestays 1v3 or 2v5.
- 2. Add players on the side-lines who provide support. Ask the defender to call for support from outside when in danger. Additional defenders make it easier for their team to play.





Definition of terms

Adolescent: a person aged 10 to 19 years. Adolescence is the transitional developmental period between childhood and adulthood. It involves various emotional and physical changes for the individual which requires guidance and support for the adolescent.

Anxiety: a condition involving a constant feeling of fear, or nervousness, or worry. Everyone experiences anxiety at one point of their life but for some it can be an ongoing problem. Sometimes anxiety can lead to panic attacks, which causes sudden intense fear and a strong physical reaction. Depression: a condition which involves a sad mood or loss of pleasure in activities for a long period of time. It's different from regular mood changes and can usually last a day, or for at least two weeks. Mental disorder: a significant disturbance in an individual's cognition, emotional regulation, or behaviour that control mental and behavioural functioning. It's usually associated with distress, or impairment in personal, social, occupational, or other important areas of functioning. Mental health condition: a broad term covering mental disorders, disabilities and illnesses. Mental health conditions result from the interaction between an individual's vulnerability and the stress caused by life events and chronic stressors.

Mental health: a state of emotional and psychological well-being in which an individual is able to use their cognitive and emotional capabilities, function in society, and meet the ordinary demands of life. Mental health stakeholders: persons and organizations with interest in improving the mental health of a population. They include Mental Health service users, family members, professionals, policy makers, funders and other parties.

Mental illness: Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities.

Panic attack: can include sweating a lot, having difficulty in breathing, and feeling like your heart is racing. Symptoms include feeling restless, difficulty controlling feelings of worry, difficulty sleeping. Psychosocial disability: a disability that arises when someone with a long-term mental impairment interacts with various barriers that may hinder their full and effective participation in society on an equal basis with others, e.g., discrimination, stigma and exclusion.

Stress: a state of worry or mental tension caused by a difficult situation. It's a natural human response to challenges and threats in our lives. Sometimes a little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems.

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About us:

Watoto Wasoka is a youth-led sport for development organisation in Uganda. We envision a world in which every child is empowered to learn and thrive through play. We create intentional opportunities for young people to survive, play and learn, in a safe environment. Our work spans the thematic areas of access to health, education, gender equality and sport.

We organise some of the biggest football events for youth in East Africa (if not Africa); our last Slums Derby attracted more than 2,100 kids, while the last Christmas Camp was attended by almost 3,000 boys and girls from all over Uganda.

Our work has been recognised and/or awarded at the FIFA Diversity Award (2019), iF Social Impact Award (2023), and the Sport Impact Awards (2023).

Our vision: A world in which every child learns and thrives to their full potential.

Mission: Mobilising, educating, and empowering children through football



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