Retirement from the game, if not managed well, can tip the scales.

It’s important to think about what you might need in your toolkit for this phase of your life. Retirement from sport is an opportunity to use your brain and skills in different ways.

Attending to mental health may be a new territory for some people.

It requires fighting against existing stigma, and breaking through some of the silence around this topic – the expectation to be superhuman or to plow through pain. To be proactive about brain health we have to break the taboo around isolation that many players put on themselves.

1 **NOTICE THE SIGNS**

Start small by tuning in to how you feel. Know and notice the signs of anxiety and depression (e.g., irritability, self-medicating through alcohol or overwork, sleep disturbances, loss of interest or enjoyment).

2 **SHARE YOUR TRUTH**

Reach out and tell someone what’s going on: A friend, a coach, a doctor, or a stranger on a support line. Say it in your own way. Do your best to tell your truth - it’s the first step to getting things under control. If you notice these signs in a friend, reach out, show up, and listen.

3 **SEEK SUPPORT**

There are a variety of different support tools that may be worth exploring with your support network and healthcare provider (e.g., psychotherapy, pharmacological treatment, rest, community).

More information can be found at:
www.world.rugby/the-game/player-welfare & www.brainhealth.scot