



Dear player

We hope that this email finds you well, and that you and your families are staying safe during this difficult time. For most of us, the current circumstances present a huge change to our daily lives and change can make people anxious. We recognise that this is likely to be a worrying time for you with much uncertainty around your studies, employment and your involvement in the cricket pathway, as well as concerns about the Coronavirus outbreak itself and how it is affecting you, and your family.

We are sending this newsletter to give you some tips on managing your mental wellbeing and to look out for those around you.



Cricket Films and Podcasts

Missing cricket? Got a bit of time on your hands? Why not treat yourself to some cricket documentaries that the internet has to offer, including some wonderful Ashes memories, the story of the West Indies sides of the 70s and 80s and the scandal that rocked Australian cricket.

[From Streets To Stardom: Mo's Incredible Journey](#)

Moeen Ali takes us back to his childhood haunts around Birmingham as he talks through his remarkable route to international cricket and the experiences that helped shape him as a person and a cricketer.

[The Story of the 2005 Ashes](#) (Channel 4)

It remains one of the most thrilling series in the history of the sport, with nail-biting finishes, gargantuan performances and, of course, an England win.

[Fire in Babylon](#) (YouTube)

Fire in Babylon looks back at West Indian cricket in the 70s and 80s – an era in which the Caribbean side were famous around the world for their frightening pace bowling attack and fearless batting.

[Crossing the Line](#) (YouTube)

Crossing the Line looks back at the Australia tour of South Africa in 2018 which resulted in Steve Smith, David Warner and Cameron Bancroft banned for ball tampering.

[Bats, Balls and Bradford Girls](#) (BBC)

This film follows the first all-Asian girls' cricket team over the summer holidays as they train for their last ever tournament together. Cricket means so much to each of the girls for different reasons. It is their freedom, their independence, and their rebellion against what is expected of them.

[The Edge](#) (Amazon Prime)

Between 2009 and 2013, England's Test Cricket Team rose from the depths of the rankings to become world number one. The Edge tells the story of their rise to the top and the huge toll it would take.

[The Test: A New Era for Australia's Team](#) (Amazon Prime)

This documentary follows the Australian Men's Cricket Team, offering a behind-the-scenes look at how one of the world's best cricket teams fell from grace and was forced to reclaim their title and integrity.

[Tailenders](#) (BBC 5 Live)

Tailenders is the hit podcast which takes an alternative look at cricket, fronted by BBC Radio 1's Greg James alongside cricket super-fan and former Maccabees frontman Felix White, and England's greatest ever Test bowler James (Jimmy) Anderson.



[5Live Sports Specials](#) (BBC 5 Live)

This podcast showcases 5 Live's one-off specials, featuring in-depth interviews and coverage with the biggest names from the world of sport. Recent guests include Heather Knight, Darren Lehmann and Jofra Archer.

Managing Your Mental Wellbeing

Mind, the national mental health charity, has [five ways to wellbeing](#) which are really simple:

Connect – contact people by phone rather than email if you can. Ask them how they are and take the time to listen. Use video calls when possible so that you have the additional social benefit of seeing people’s emotions and reactions to discussions.

Be Active – physical activity has a positive impact on mental wellbeing. See [tips](#) from Sport England if you are in isolation, or join in with Joe Wicks and his PE classes at 9am. If you are not in isolation, then make sure you get outside every day and try to achieve 30 minutes of elevated heart rate activity each day.

Take notice – be in the moment and look around you. If you can sit and take a few minutes in a green space – your garden or the local park, being close to nature is known to improve wellbeing. Make sure you take a pause every now and then and breathe deeply.

Learn –being inquisitive and try learning new skills or enhance the ones you have – there are some ideas for courses below.

Give – people who help others tend to be happier. Think of acts of kindness you can do for others. Have you checked in with your neighbours?

Managing Stress and Anxiety

If you or people close to you are feeling worried and anxious, here are some tips to help you:

- Try to limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news
- There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as Government and NHS websites
- Try to mute key words which you feel might be triggering you to worry or feel anxious on Twitter and unfollow or mute accounts on Twitter and Instagram. Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming
- Be aware you will have days that are better than others, recognise when you are having a day that is not going so well, acknowledge it and that it will pass
- [Click here](#) for recommended free apps to help reduce stress and anxiety and lift your mood
- [Click here](#) for 10 Tips to help manage concerns about coronavirus and managing anxiety
- [Click here](#) for more information from the NHS about stress, anxiety, and depression



Courses

[Mental Health Awareness for Sport and Physical Activity](#)

This course, developed by Mind and UK Coaching is usually £18 but is now free until 31st August 2020. Gain the confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of sport. You will also get access to an extensive bank of resources that you can start using straight away. The course has been awarded 3 CPD points by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

[Exercise and Mental Health](#) (Open University)

Exercise is an alternative treatment to medication that is low cost and has few side effects. In this free course, “Exercise and Mental Health”, you will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety, and depression, and in enhancing mood.

[Scoring and Umpiring](#)

ECB Association of Cricket Officials has created a range of free online courses for aspiring umpires and scorers. The courses are a great way to use the current downtime to learn a new skill.

[Basics of Umpiring](#) – This course is aimed at those who simply want to learn the fundamental laws and basic fieldcraft.

[Umpire Stage One](#) – This course is designed to give an overview of the basic Laws of the game as well as providing information on how to apply them and introduce the principles of fieldcraft and match management.

[Basics of Scoring](#) – This course is designed to provide you with all the skills needed to start scoring. The course covers the basics of scoring a game of cricket such as scoring symbols, umpire signals, dismissals and gives a helpful overview of the laws of the game.



Further Support

[Opening Up Cricket](#)

Mental Wellbeing and Suicide Prevention Through Cricket. There are a range of resources including magazines and podcasts with interesting insights into mental health with prominent cricketers. Recent guests include Tammy Beaumont, Kate Cross and Luke Sutton.

[Mind](#)

Mind provide advice and support to empower anyone experiencing a mental health problem, so no-one has to feel alone.

[Every Mind Matters](#)

Every Mind Matters is designed to give you simple and practical advice to get more out of life – from how to deal with anxiety, to boosting mood or sleeping better. It will help you spot common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others. To create your own 'Mind Plan' with personalised tips and advice [click here](#).

[NHS](#)

How to access mental health services and support through the NHS

[Samaritans](#)

Whatever you are going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year.

