



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

How can Being Active help with personal growth and wellbeing?



Wellbeing

Who is Alex Yee?

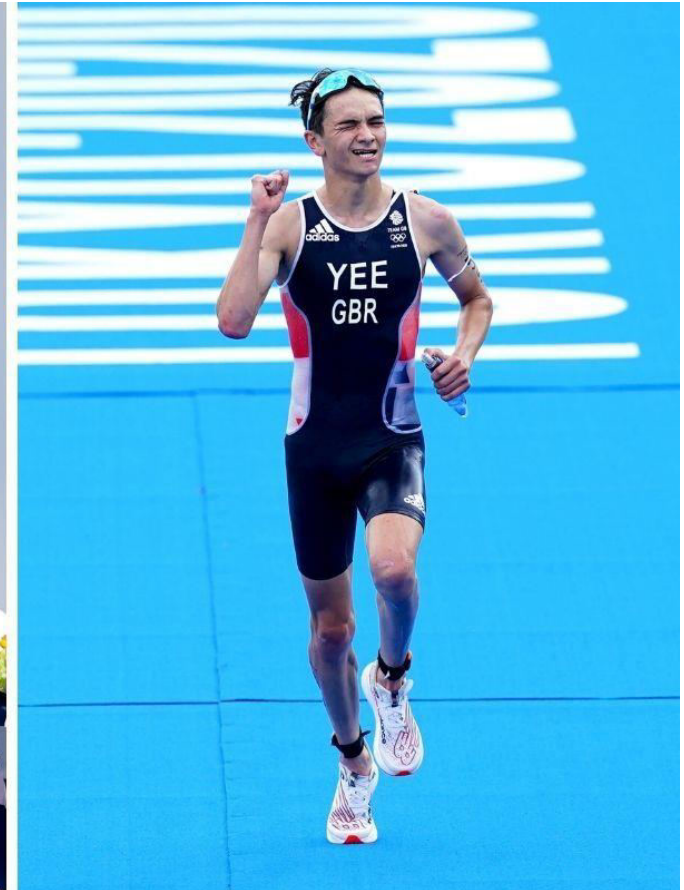
Alexander Yee MBE (aged 24) is a British professional triathlete and distance runner.

He won the silver medal in the Men's Triathlon and the gold medal in the Triathlon Mixed Relay at the Tokyo 2020 Olympics (July 2021).

Along with team-mate Georgia Taylor-Brown, Yee is the most successful Olympic triathlete in a single games, with a gold and a silver medal.

He was also the winner of the 2021 Super League Triathlon Championship Series.

Alex Yee will compete as Part of the Pride for Team England at the **Birmingham 2022 Commonwealth Games.**



How has Alex's journey and training helped his personal growth and wellbeing?

1. Who initially encouraged and inspired him to take part in triathlon?

2. What part of training really encouraged Alex to continue?

3. What skills does his sport require?

<https://www.youtube.com/watch?v=yubJuTkPo6w&t=119s>

4. What inspires Alex so much about triathlon?

5. How did other professional athletes inspire Alex?

6. What was his overall attitude towards taking part in the upcoming Olympics?

How did Alex overcome any self-doubt?

Alex Yee: 'I didn't feel worthy to stand on the start line'

By Sam Gruet
Newsbeat reporter

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Alex says he suffered from "a mild form of impostor syndrome" when he came on to the competitive triathlete circuit in 2019.

Impostor syndrome is a term used to describe feelings of insecurity or self-doubt, even if there's no evidence to support that belief.

"I definitely struggled at that point with the self-worth of being an athlete," Alex says.

"For me it took a few tough conversations and a lot of work to realise you are worthy of being there."

There's nothing quite like standing on an Olympic podium to prove you deserve to be part of the race.

<https://www.bbc.co.uk/news/newsbeat-58077269#:~:text=Alex%20says%20he%20suffered%20from,evidence%20to%20support%20that%20belief.>

"It showed me that they're only human and things are really possible if you just keep working hard," Alex says.



How can Alex's experiences and
attitude inspire you to **BE ACTIVE**
and look after your own wellbeing
?

Where can you go for help?

In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25 years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

Arthur Terry
Be Proud | Be Kind | Be Ready

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Students >
Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing
Exam Support
Information and Support directory
MINDFULNESS
Parent support
Student Support Services
Virtual Wellbeing Board
Weekly Wellbeing 2020
Weekly Wellbeing 2021
Working Healthily At Home