

WELLBEING IN FOOTBALL

The highs and the lows



Football brings People Together



Stewards fostering a sense of community by ensuring the safety and enjoyment of football matches



Fans uniting in shared passion and celebrating their team's journey together



Casual players building friendships and resilience through teamwork and competition

It has the power to build friendships for life



15 years later...



It can turn foes into friends...



Lionel Messi and Sergio Ramos in an intense clash during an El Clásico derby, showcasing the fierce rivalry between Barcelona and Real Madrid



Lionel Messi and Sergio Ramos sharing laughs as teammates at Paris Saint-Germain, a testament to football's power to turn rivals into friends

And friends to foes...



Gary and Phil Neville celebrating together after winning the UEFA Champions League with Manchester United in 1999, epitomizing the bond of brothers and teammates



Years later, Gary and Phil Neville stand as opponents in a Premier League match, noticeably ignoring each other in the tunnel, highlighting the professional rivalry that football can bring even between siblings

There is no denying that football transforms lives



Neymar grew up in the favelas of Brazil, where life was marked by poverty and daily struggles. Football became a source of hope and escape amidst the harsh realities of his surroundings.



Through his talent and determination, Neymar now resides in a luxurious mansion, a testament to how football can transform lives and create economic opportunities.

There are high expectations

From idolizing Cristiano Ronaldo to becoming a global superstar, Kylian Mbappé's journey highlights the weight of expectations placed on young talents. While some, like Mbappé, rise to the occasion, most aspiring players face the harsh reality of falling short of these dreams. This immense pressure can take a toll on their mental wellbeing and views of self worth.



They love you when you win

The joy and passion from the fans can be incredibly uplifting for players, serving as a reminder of why they play the game. Moments like this - where the crowd's love and support are palpable - can inspire and motivate players to achieve greatness.



But hate you when you lose

The comments made towards Bukayo Saka after a missed penalty, highlight how quickly adoration can turn to hostility. This sudden bombardment of hate reminds players of how heartbreakingly conditional the fans' love for them is, affecting their self confidence and overall mental wellbeing.



Resilience and Endurance can overcome hate

Bukayo Saka redeemed himself by scoring a crucial penalty in the next Euros, proving his resilience and silencing the doubters. His triumph showcased the power of perseverance and turning adversity into inspiration. This moment highlights the immense courage it takes to face such pressure, as many players struggle to recover from hate and criticism, with their confidence often shattered beyond repair



Some things are out of your control

Neymar's back injury during the 2014 World Cup came at the peak of his career, crushing his dreams of leading Brazil to glory. Many argue that this devastating setback derailed the trajectory of his career, leaving a lasting impact on what could have been an even greater legacy.

