

FORMER DAREBIN FALCONS VFLW PLAYER
GEEELONG AFLW PLAYER
MEDIA AND COMMUNICATIONS - OUR WATCH



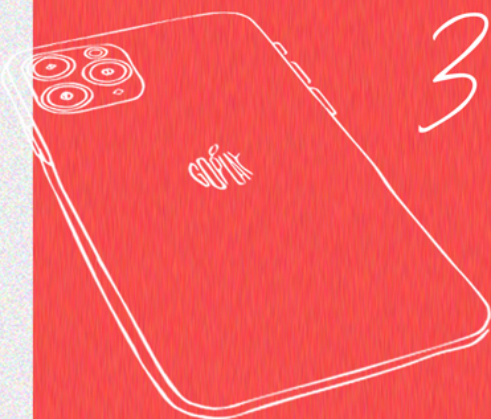
1. Connect

I'm so fortunate to have wonderful friends and family, and I'm filled with so much love and energy when I spend time with them. Sometimes it'll just be a text or phone call, but when possible I'll make an effort to go meet up for a kick, grab a coffee or even a picnic. I know I'm at my best when I'm checking in with my mates and investing in my friendships.

2.

Mix it up

I could do footy all-day every day, but I've learned how important it is to feed all my other interests as well! I make sure I'm reading, watching film, learning about something new, and I'm passionate about my work outside of football. Finding the balance between all the things I love helps me enjoy each of them more.



3.

Down your devices

Taking a break from screens and notifications is challenging, but it's worth it! I'll try to make a conscious effort to not go on my phone by leaving it at home when I can or just putting it out of sight when I'm doing other things - eg. cooking, watching a movie. I find time slows down, I feel more relaxed, and it usually means I'm being physically active.

4

Feast

I love food – making it, eating it, sharing it. For me, cooking is a way to learn and try new things, to challenge myself, to express myself, and to give to the people in my life. I'm all about the process and satisfaction of executing a detailed recipe, and making food that – if you get it right – looks as good as it tastes. I'm obsessed with Ottolenghi, his food is bright and big-flavoured. He challenges you to get the colour and the crunch of a perfectly-blanch green bean, and to have the patience for a perfect pastry.



5.

Pre-footy shower

It's my favourite part of the day, taking a shower before footy training. Having routine around footy is important to my performance. My pre-training shower relaxes my body and my mind, washes away the work and the worries of the day, and leaves me feeling refreshed, refocused, and ready to go.

