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# Mind. Set. Engage. Rugby's mental wellbeing programme.

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 Mind. Set. Engage. Rugby's mental wellbeing programme.


Co-authored by NZ Rugby


We want to make sure that while everyone in our rugby community is looking after their physical fitness, that they are spending time on looking after their mental fitness too.

1 in 5 Kiwis experience some form of stress, anxiety or depression, so we created [Mind Set Engage](#) to get the rugby community talking and help our people notice the signs, as well as learn some tactics for working on their mental fitness.

<https://www.headfirst.co.nz/>

  
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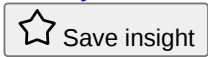
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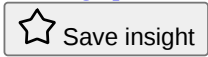
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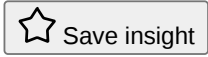


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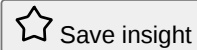
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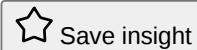


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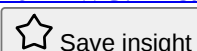
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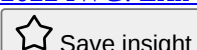
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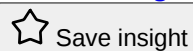
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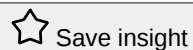


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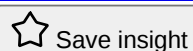


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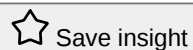


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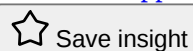


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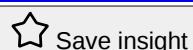


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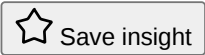
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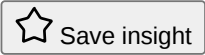
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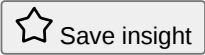
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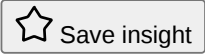
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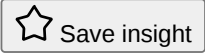
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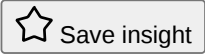
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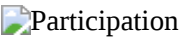
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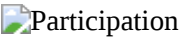


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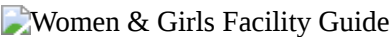


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