

# USING SELF-COMPASSION TO MAINTAIN ATHLETES' MENTAL WELL-BEING DURING COVID-19

## PSYCHOLOGICAL CHECK IN

Ask yourself daily questions such as, "how am I feeling today?" "what brings me joy, what brings me upset?" Allow yourself to acknowledge thoughts and feelings. Defining how you feel is the first step in maintaining your psychological well-being. Then ask yourself, "what is in your control that you can do to maximise that joy and minimise that upset?"



## CREATE HEALTHY BOUNDARIES

Create a daily routine, but remember that your worth is not defined by productivity. This is about comfort in routine. Create consistent wake-up times, and write-out a plan out each day. Create tighter boundaries around obligations (such as school work) and relaxation by using timers and different spaces for work and play. With many of us having less to do, our daily obligations can stretch to fill the time. This can mean we don't end up with time to fully relax, something that is essential during this time.



## ACKNOWLEDGE YOUR ACCOMPLISHMENTS

Take time to acknowledge your accomplishments! A method you can use to stay motivated and acknowledge your progress is goal setting. Goals can be about sport performance or simply around things you enjoy! We suggest focusing on process goals - the smaller goals you have the control to do each day (examples: practicing mental imagery of a sport skill for 10 min, analyse video of a previous performance 1xWk, or learning how to draw an animal!). Make sure your goals follow the "SMART" acronym - specific, measurable, attainable, realistic, and timely.



## STAY CONNECTED

During this time it is important to keep in touch with teammates and coaches. Include time in your week to speak to your teammates and/or coaches via video chat, virtual land training, and playing virtual games together. Use this time to get to know coaches and teammates beyond the pitch/pool/gym so that they get to know you better and can support you more fully!



## EMBRACE MOVEMENT

Keep active by incorporating some form of physical activity into your daily routine. It can be fun! It doesn't have to be strict to your sport! This could include going on a walk with the members of your household, skill specific training, strength and conditioning, cardiovascular training, pilates and yoga. As athletes, we often define ourselves by being active so it can feel good to include this in your routine.

