Recommendations and Resources During COVID-19 Pandemic
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Recommendations to help with the emotions you may be experiencing:
(e.g. anxious, worried, stressed, depressed, unmotivated, cynical, fearful, confused, angry, numb...or all of the above)

1. Lean on your support staff
   a. Reconnect with support(s) and/or expand support network
   b. Join Slack to stay informed. The AAC uses Slack to post information as soon as they receive it as well as gather feedback from athletes to take to USATF and USOPC leadership. [https://usatfaac.org/join](https://usatfaac.org/join-the-usatf-aac-slack-channel/)
   c. Talk about or journal what you are experiencing.

2. Stay present and focus on short-term, process-oriented goals
   a. What can I do today? Set daily goals in your routine (workout times, cooking time, reading time, FaceTime, PT time, roll out time).

3. Practice relaxation techniques and other coping mechanisms
   a. Mindfulness exercises (download apps)
      i. [https://www.stopbreathethink.com/](https://www.stopbreathethink.com/)
      ii. [https://www.calm.com](https://www.calm.com) (LeBron James’s choice for mindfulness app 😊)
   b. Be a “student” of building psychological resiliency and mental skills
      i. Find resources (e.g., books such as biographies on your favorite athletes/coaches, articles, podcasts- Anne, Chris and Lennie can suggest – feel free to text, call or email us with questions.)
      j. Reframe experiences as opportunities
         a. Work on positive self-talk (Anne, Chris and Lennie can help!)
   c. Practice good sleep hygiene
   d. Limit time on social media and listening/watching the news

4. Recall past moments of uncertainty and lessons learned (i.e., committing to a university, choosing an agent / sponsor / coach)
   a. Recall past stages of athletic development
5. Focus on building confidence in your abilities
   a. A change in dates doesn’t take away your talent, ability or work ethic: you are still the same athlete today as you were last week
6. Engage in tasks that “fill your battery”
   a. What gives you energy as an athlete?
   b. Consider exploring other interests and hobbies
      i. place to engage, progress, and succeed

Resources:

- **Podcast highly recommended by Anne:**

- **Association for Applied Sport Psychology (AASP):**

- **American Psychological Association (APA):**
  o Various resources [https://www.apa.org/practice/programs/dmhi/research-information/pandemics](https://www.apa.org/practice/programs/dmhi/research-information/pandemics)
  o Keeping your distance to stay safe: [https://www.apa.org/practice/programs/dmhi/research-information/social-distancing](https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)

- **NCAA:**

- **USATF:**
  o Information page: [https://www.usatf.org/covid19](https://www.usatf.org/covid19)

- **NY Times:**