



Athletics
Ireland

Coping during Covid

Athletics Ireland Performance Pathway Series

June 3rd, 2020

Challenges?

Uncertainty

Lack of Control

Stress & Anxiety

Changes in Motivation

No Access to Facilities

Boredom!!



Why is uncertainty so challenging?

- Our brains crave certainty and control
- Uncertainty sets off our “fight or flight” response
 - There is the possibility of a negative outcome



So how do I cope with uncertainty??



Develop a good sleep routine



Have a regular bedtime and wake time.



Keep bedroom cool and well ventilated.



Limit your caffeine in the evening.



Avoid phones and electronic screens 30 minutes before bed.



Keep bedroom dark and block out distracting noises.



Seek out natural light in the morning.

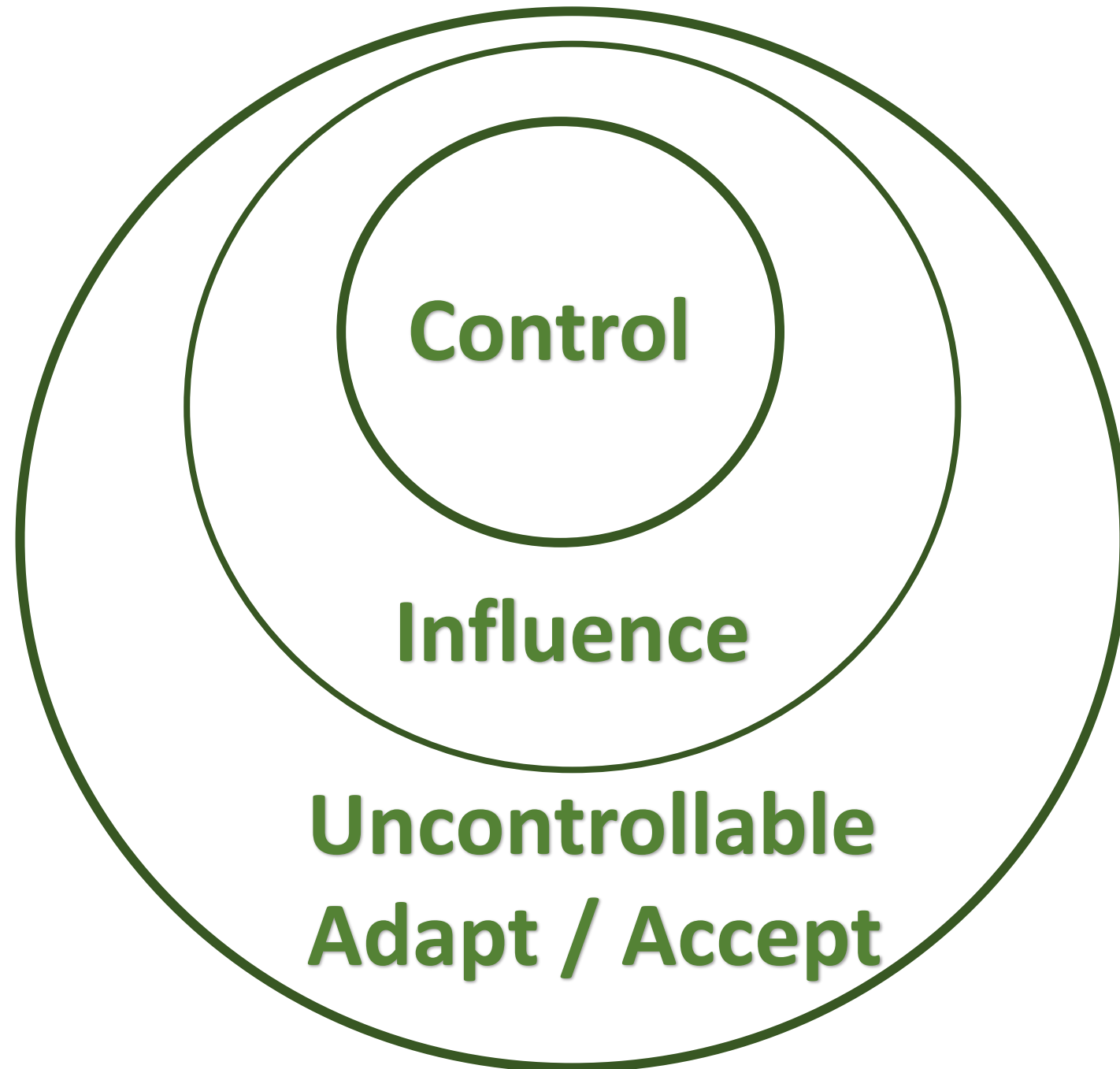


Only use your bed for "bed-specific activities".

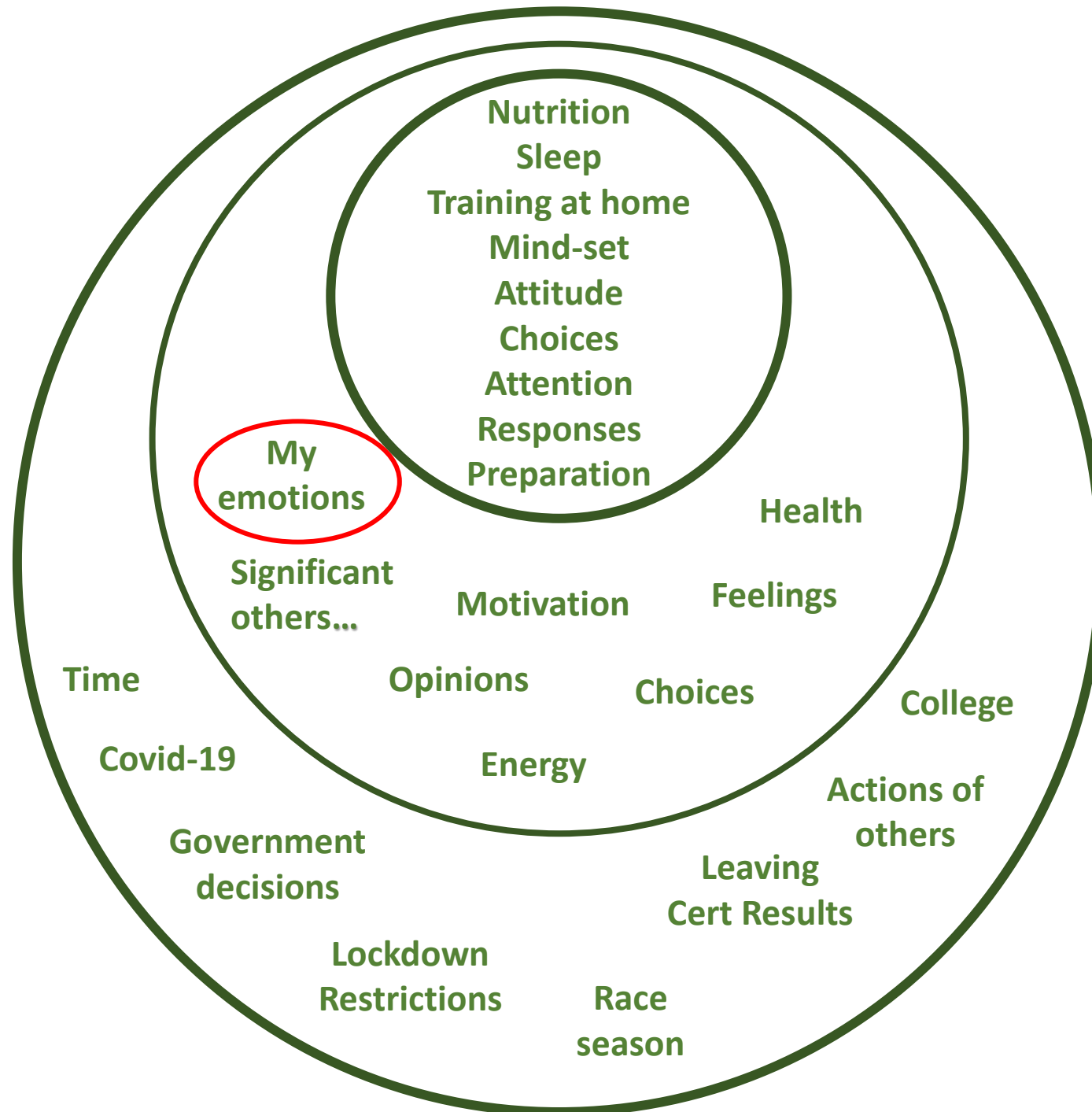


Create a relaxing "wind-down routine".

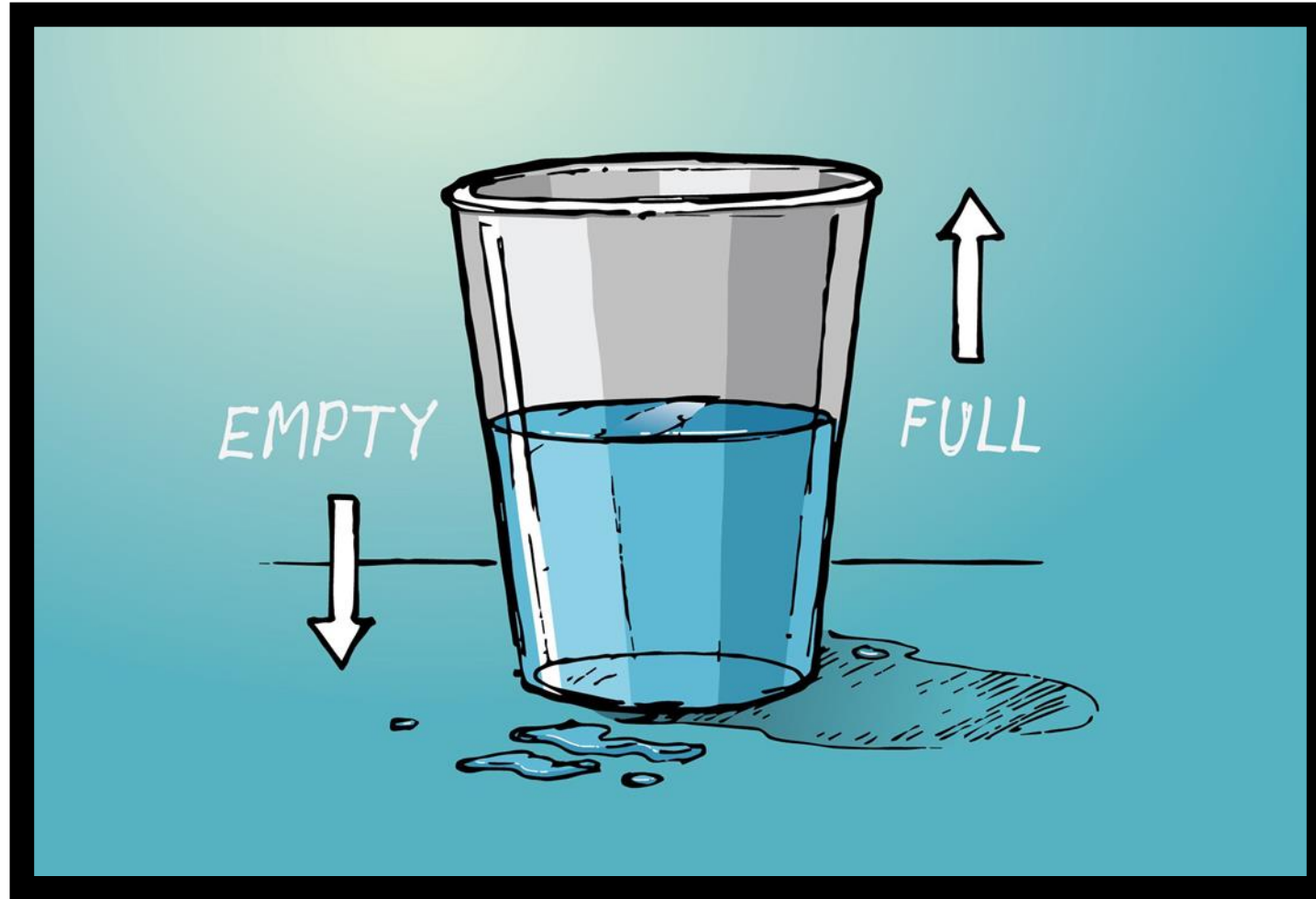
2. Focus on the Controllables



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3. Reframe your Thinking



4. Recognise the Opportunities



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“To hell with circumstances, I create opportunities”

Working on weaknesses

Trying new exercise types

New skills / hobbies

Time with family

Recovery

Time to catch up or to slow down

5. Focus on positives & practice gratitude



So how do I manage my motivation?



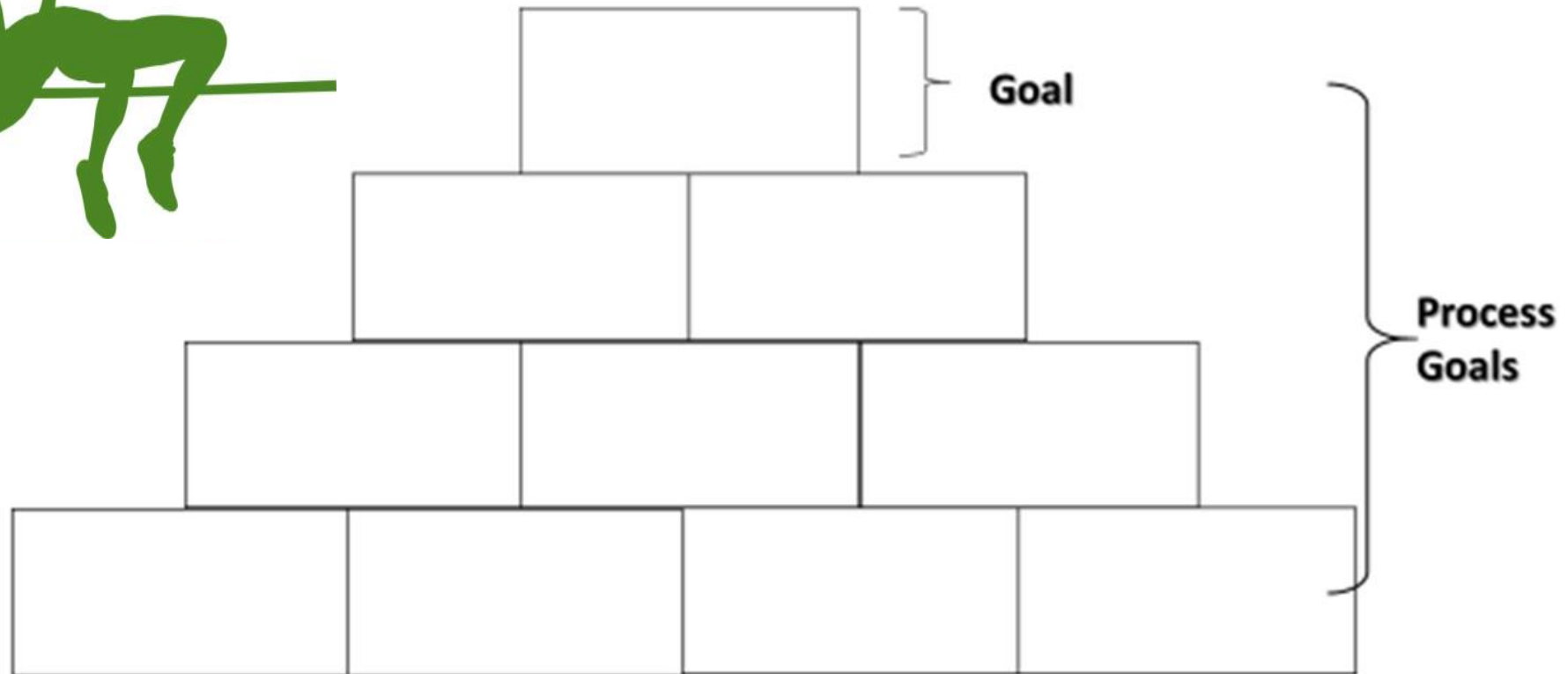


1. Set New Goals Or Adjust the Goal Posts

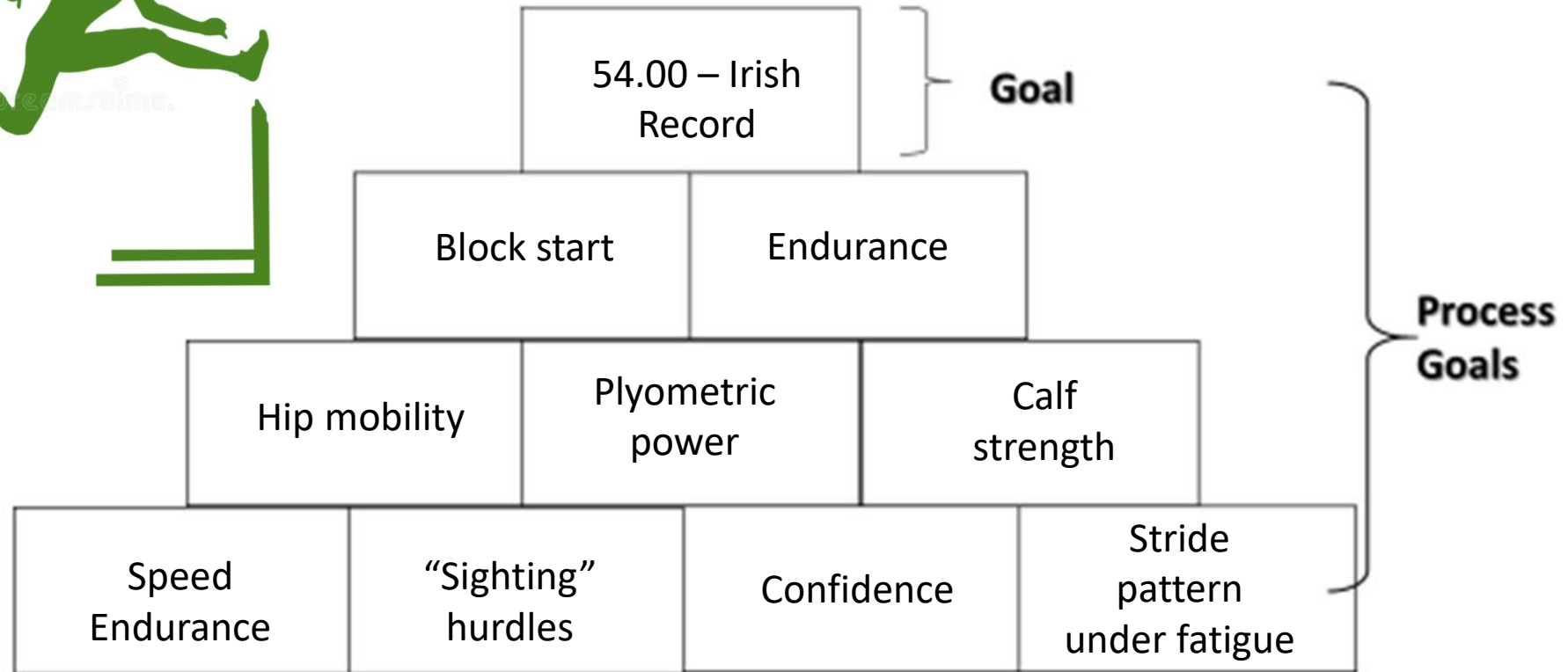
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2. Set Process Goals



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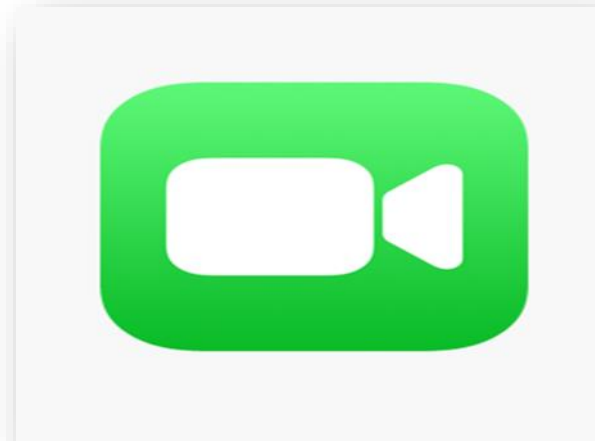
3. Keep your goals “SMART”



4. Track your Goals



5. Connect



**And finally,
have some
Self-
Compassion!**

