



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



MENTAL WELLNESS IN RESPONSE TO COVID-19

Sharleen Hoar, PhD.

Mental Performance Consultant

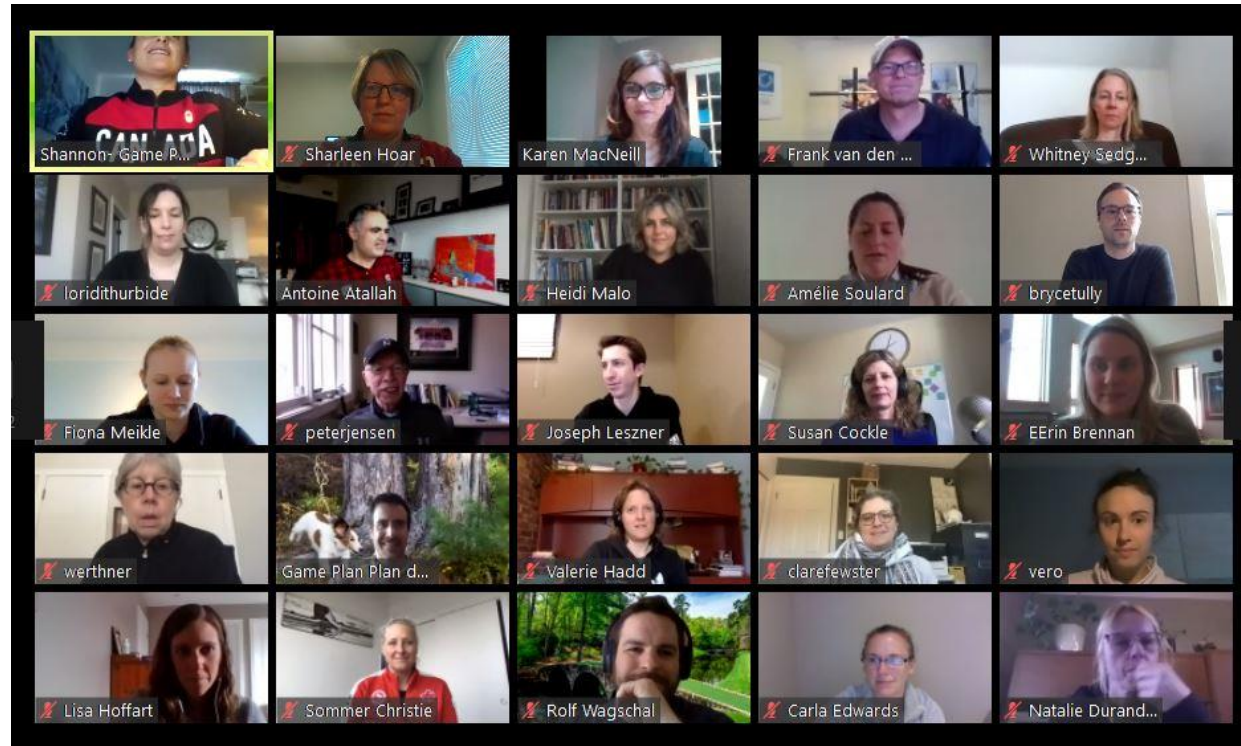
Lead, Mental Performance, CSI Pacific



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



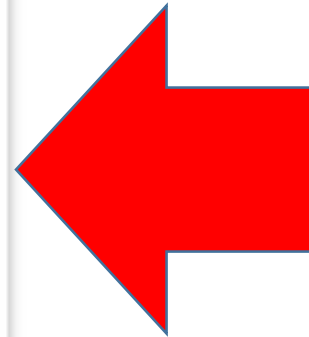
COVID-19 Mental Health & Performance Support Group





Message Board

- DL** Mental Performance Various Resources 3
- JL** Open Conversation 3
- JL** Resilience/Change Management 4
- JL** Mental Health Related to the topic and/or 2
- JL** Crisis Management Related to the topic and/or 3




COVID-19 - Mental Health & Performance - National Support Group



Message Board


- DL** Mental Performance Various Resources 3
- JL** Open Conversation 3
- JL** Resilience/Change Management 4
- JL** Mental Health Related to the topic and/or 2
- JL** Crisis Management Related to the topic and/or 3

To-dos




Make lists of work that needs to get done, assign items, set due dates, and discuss.


Docs & Files




COVID-19 Worksheet



COVID-19 Worksheet




Mental Performance Resources



Resilience/Change Management

Schedule

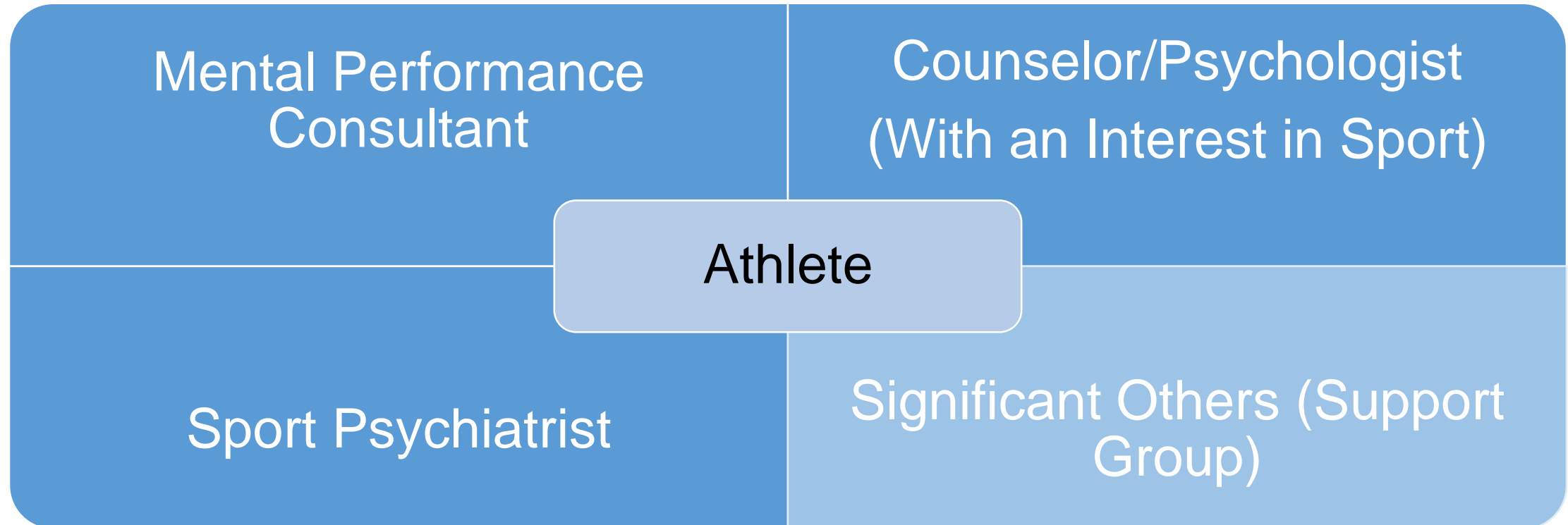


Set important dates on a shared schedule. Subscribe to events in Google Cal, iCal, or Outlook.

[Change tools \(add Campfire, Automatic Check-ins, etc.\)](#)

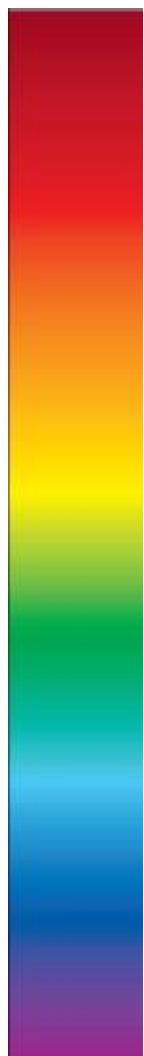


Mental Wellness Support in High Performance Sport





Mental Wellness Continuum



Peak Performance

Good Mental Health

Normal

Sub-syndromal Illness

Active Mental Illness





Mental Wellness Continuum

Peak Performance

Good Mental Health

Normal

Sub-syndromal Illness

Active Mental Illness



On January 25,
let's talk.





The Route to Outcome

MENTAL HEALTH PRACTITIONERS

- Mental health hygiene
- Sleep
- Clinical Anxiety/Depression
- Mental Illness symptoms

MENTAL PERFORMANCE CONSULTANTS

- Social support groups
- Resilience building
- Communication support
- Normalization of emotion



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



DISRUPTION BY COVID-19 A Conversation on Mental Wellbeing in the World of High Performance Sport

Sharleen Hoar, PhD, MPC

Christie Gialloreto, CCC, MPC

CSI Pacific Speaker Series

March 2020



Objectives for Today's Conversation

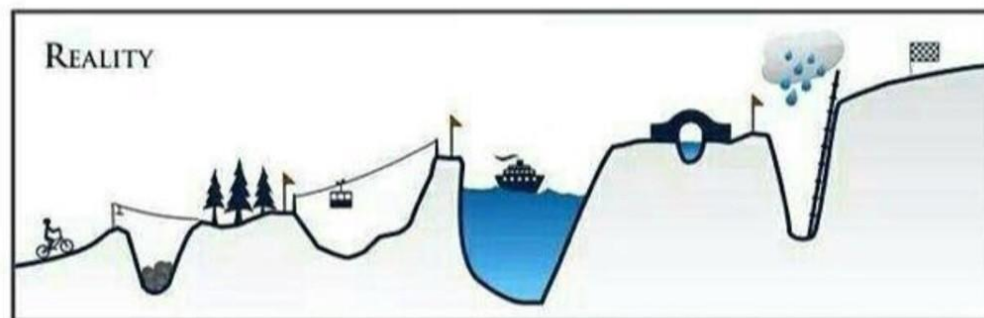
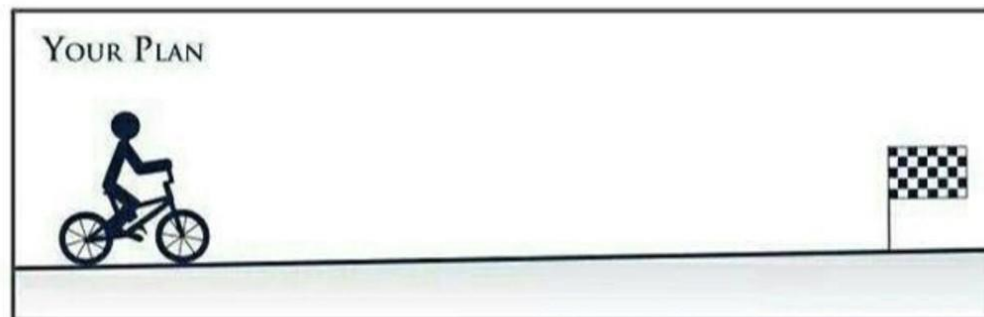
1. Unite our sport community.
2. Acknowledge and support the human response to COVID-19 disruption.
3. Provide advice on activities to support mental wellbeing during this time of disruption.



The Route to Outcome

MENTAL HEALTH PRACTITIONERS

- Mental health hygiene
- Sleep
- Clinical Anxiety/Depression
- Mental Illness symptoms



KEEP MOVING FORWARD

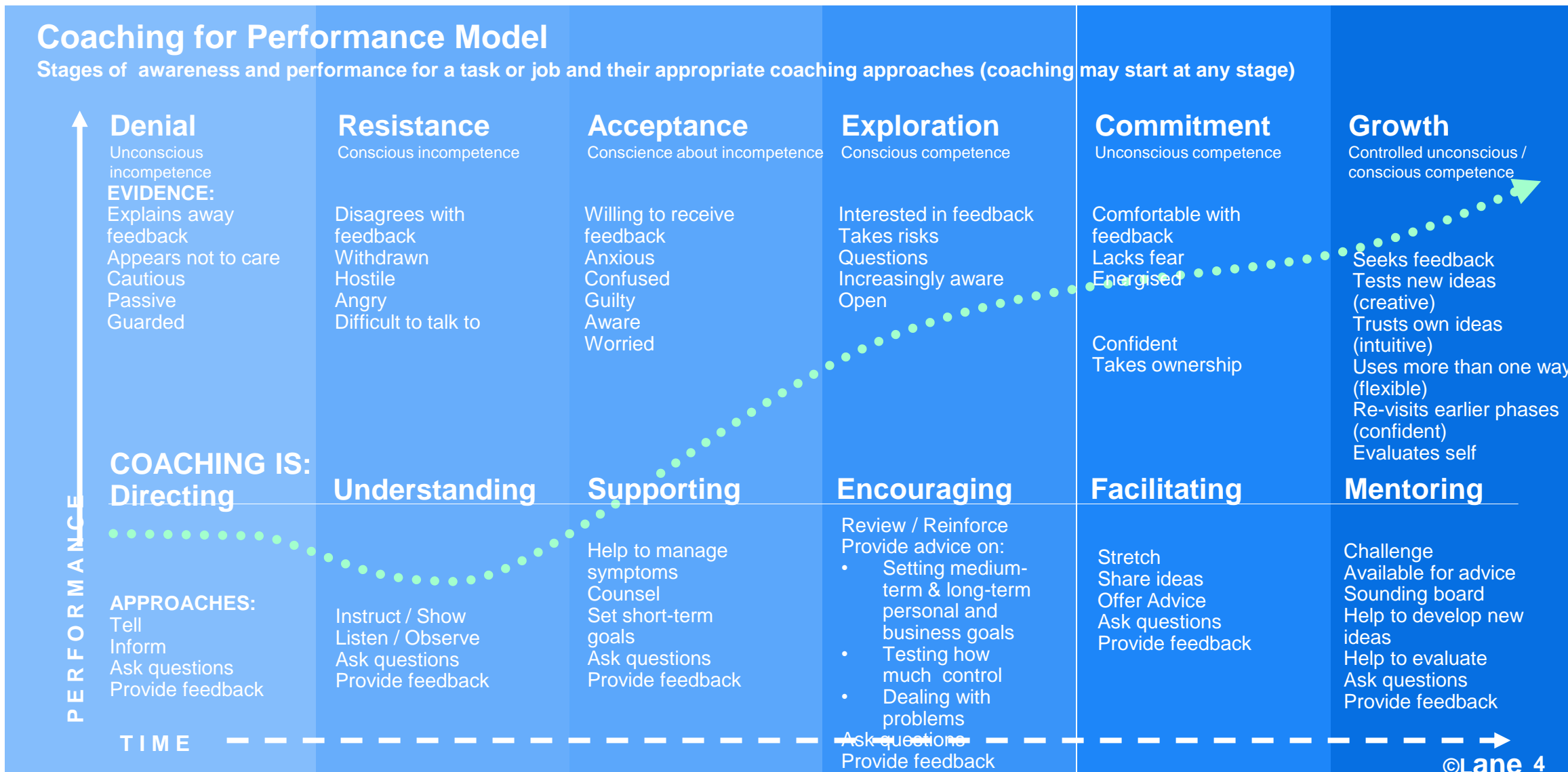
MENTAL PERFORMANCE CONSULTANTS

- Social support groups
- Resilience building
- Communication support
- Normalization of emotion



Coaching for Performance Model

Stages of awareness and performance for a task or job and their appropriate coaching approaches (coaching may start at any stage)



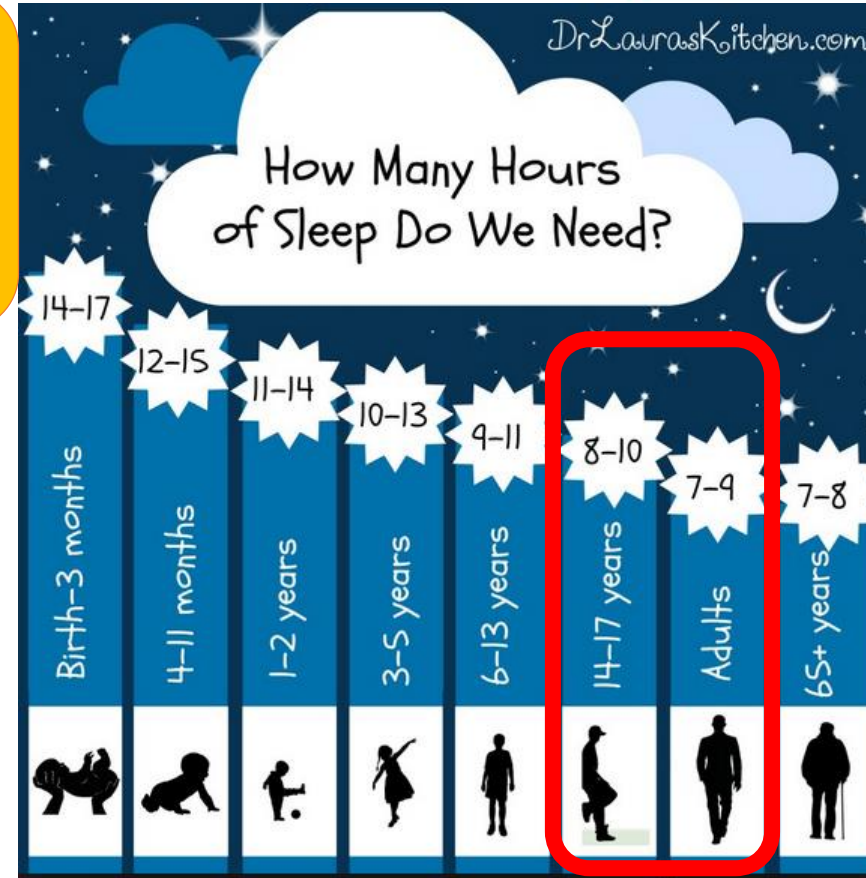


Resources

- **CSI Pacific: <http://www.csipacific.ca/news-events/covid-19/>**
- **COPSIN Advantage Webinar Series**
- **[Canadian Sport Psychology Association](#)**
- **[VIASport](#)**
- **[Canadian Centre for Mental Health in Sport](#)**
- **[Canadian Psychological Association](#)**



#1 Recovery Tool



Adapted slide from
“Sleep Solutions”, CSI
Pacific Speaker Series



Smartphones

- Smartphones and social media is linked with lower mental health outcomes.
- Use smartphones to consume information and contribute to social conversations.
- **BE MINDFUL** how smartphones are used.
Consider *practicing a 'pause'*



PROUD MEMBER OF THE / FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

CANADIAN
SPORT
INSTITUTE

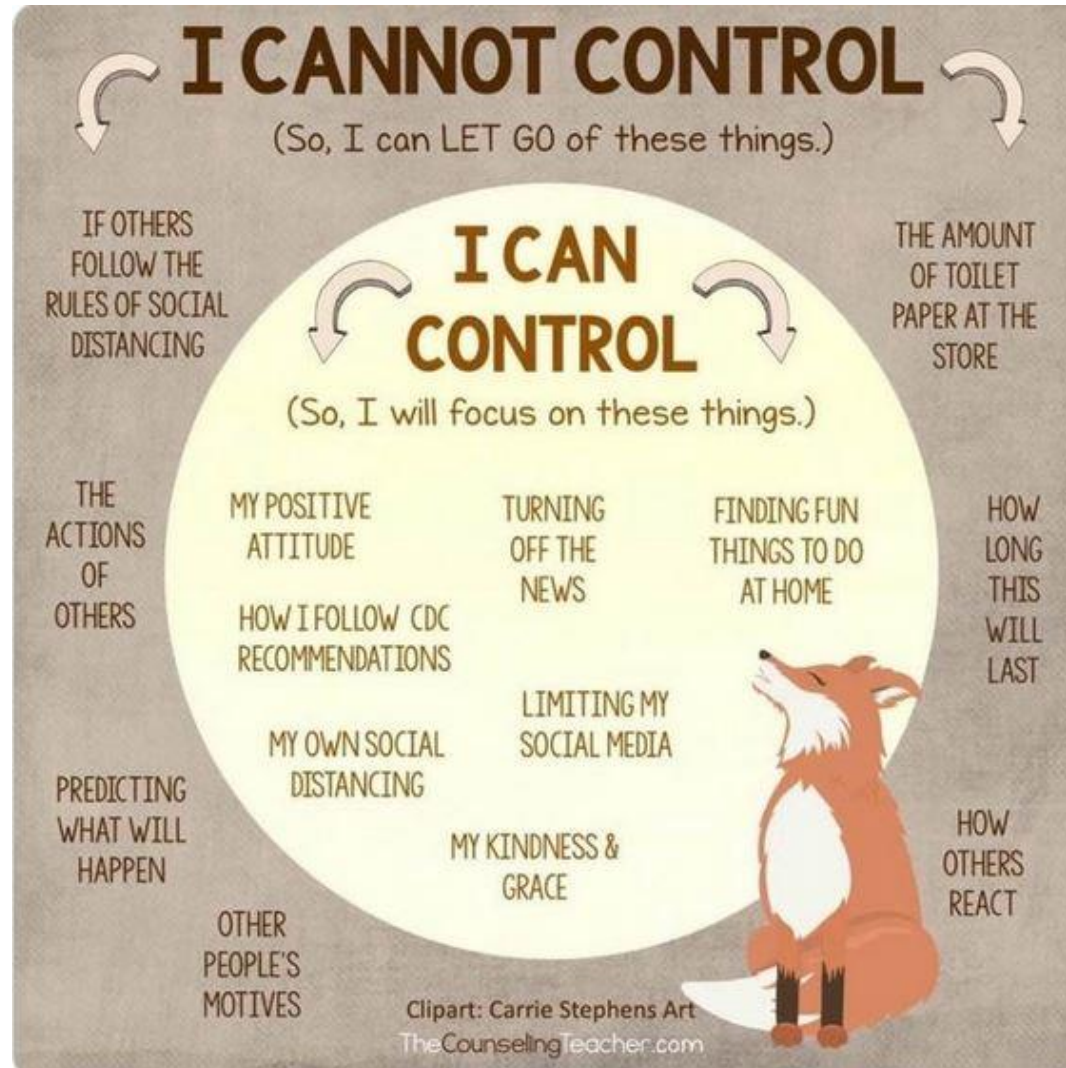


INSTITUT
CANADIEN
DU SPORT

PACIFIC / PACIFIQUE

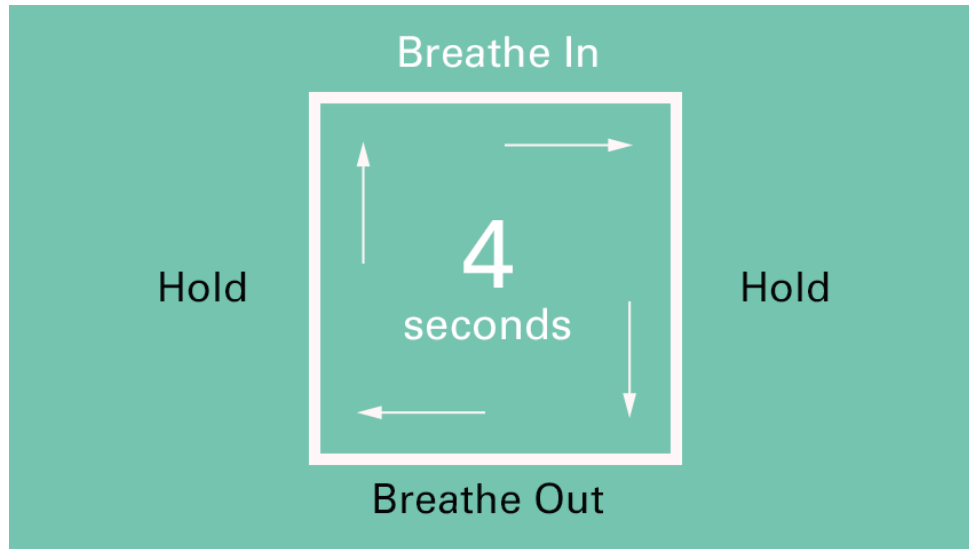
Change the Channel Threat to Challenge







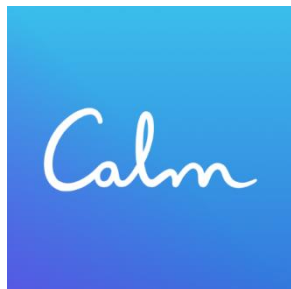
Breathing/Mindfulness



10 Second Breath
4 sec inhalation
6 sec exhalation



Breathing Pacer



Awesome Breathing



Adapted slide from “Sleep Solutions”, CSI Pacific Speaker Series



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

CANADIAN
SPORT
INSTITUTE



INSTITUT
CANADIEN
DU SPORT

PACIFIC / PACIFIQUE



**WE ARE ALL
TEAM CANADA**

POSTPONE TODAY
CONQUER TOMORROW