

Your Mental Wellness before, during and after the Olympic / Paralympic Games

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Accompanying “Mental Health Ally” presentation slides from
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Purpose:

To be equipped for mental health self care and mental health allyship skills to support others' mental health at Olympic / Paralympic Games.

What we know:

Mental Health & Olympic Games ([click here to see “Before, During, After the Games: Mental Health Ally” presentation slides 1-8](#))

- a. High stress and strain of the (personal & professional) importance of the games
- b. Unique environment from other competitions AND previous Games (COVID protocols, testing protocol, in the bubble)
- c. Grief that this is different than expected (Grief for what is, and an unrealized future).
- d. Increased environmental stress (heat and humidity)
- e. Psycho-social-emotional model of trauma/critical incident response.
 - i. Positive test
 - ii. Preparation/performance compromised by uncontrollable events

What you can do:

- **Self-Care** - You must put on your own safety mask before putting on another ([click to see “Mental Health Ally” slides 9, 10,11](#))
 - a. Why: Energy to support, example of what to do, normalize mental health for performance
 - b. What to do: mental health hygiene plan, have reminders in place to execute personal mental health plan
 - c. You under stress – what happens to you? Be aware of your Best version/Worst version

- **Supporting Others** – Being a Mental Health Ally ([see “Mental Health Ally” slides 13-20](#))
 - d. What would you say?
 - e. How would you act around the others & what you may look out for:
 - i. Questions to ask
 - ii. Being with emotions
 - f. Resources: **Who** ([see slide 14](#)), **When** ([see slides 15 & 17](#)), **HOW to LINK** ([see slides 16, 18 – 20](#)), COC Mental Health Practitioner Karen McNeill & CPC Mental Health Practitioner Susan Cockle ([see slide 22](#))

After the Games:

Returning and Quarantine ([click to see “Mental Health Ally” slides 17 & 21](#))

- a. Post competition, returning plans from Tokyo lead by COC/CPC
- b. Plan your support network for when you return (and are in quarantine). Isolation during this time may feel particularly uncomfortable or disconnected - having a plan that best suits you for support will be important
- c. [Click to see “Beware of the Blues” information sheet](#) for further information and support