



COVID 19 AND MENTAL HEALTH

During this unprecedented time of the Coronavirus Pandemic, our lives have been disrupted. Training, playing and even watching sports is different in our current landscape. This crisis can cause negative impacts on our mental and emotional wellbeing. It is important to be aware of the impact this can have on our health so we can help ourselves. Self-care and knowledge of resources that are available are helpful in times of crisis.

The cancellations of competitions, training sessions and disruption to your normal schedule can be difficult to deal with. Understand that you are not alone. The World's sporting community is with you. There are resources available for you to help cope with this sense of loss, the lack of normalcy and the uncertainty of what lies ahead.

The most important thing to focus on in this COVID-19 landscape is the health and safety of yourself and your loved ones. That means following the guidelines and orders set in place by the CDC, local and federal governments.

Limit your risk by:

- Resources are available by phone
 - » CDC [Coronavirus](#) (COVID-19) Information Page
 - » [World Health Organization](#) Coronavirus (COVID-19) Pandemic Information Page
- Following safety precautions
 - » [Bend the Curve Stay at Home](#)
 - » Wash your hands
 - » Wear a mask in public
- » Practice physical/social distancing measures

Take care of yourself by:

- Be an advocate for yourself and your needs
 - » Make sure you have what you need to feel safe and comfortable at home:
 - Groceries
 - Necessary medications
 - » If you don't have what you need follow the appropriate guidelines in your area to secure what you may need
- Connect with others
 - » Schedule phone calls or virtual calls to connect with family members, teammates, and friends
 - » Stay in contact with your coaches, teammates and staff members to support each other
- Practice Self Care
 - » Safe exercise or training sessions that adhere to the safety guidelines
 - » Use Headspace or other meditation apps
 - » Yoga, meditation or other activities that promote relaxation
 - » Plan fun, creative activities at home

- » Connect with your loved ones and be open about your feelings
- If you find yourself really struggling
 - » Reach out to the following resources to better help you cope

Resources for Athletes:

- For Athletes: [USOPC Coping with the Impact of Coronavirus](#)
- [NCAA](#) Sports Science Institute COVID-19 and Mental Health Web Page
- [CDC](#) Webpage on Managing Stress and Anxiety
- [National Alliance on Mental Health](#) COVID-19 Resource and Information Guide
 - » [Nami.org](#)
- [The Substance Abuse and Mental Health Services Administration](#) Tip Sheet
- National Suicide Prevention Lifeline 1-800-273-8255

Resources for Coaches, Staff and Parents::

- For Coaches, Staff and Parents: [USOPC Supporting Athletes During Coronavirus](#)
- [NCAA](#) Sports Science Institute COVID-19 and Mental Health Web Page
- [CDC](#) Webpage on Managing Stress and Anxiety
- [National Alliance on Mental Health](#) COVID-19 Resource and Information Guide
 - » [Nami.org](#)
- [The Substance Abuse and Mental Health Services Administration](#) Tip Sheet
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RECOGNIZE TO
RECOVER

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SOURCES

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