

Rebound to Skating: Mental Health

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State of your body

Physical
Health

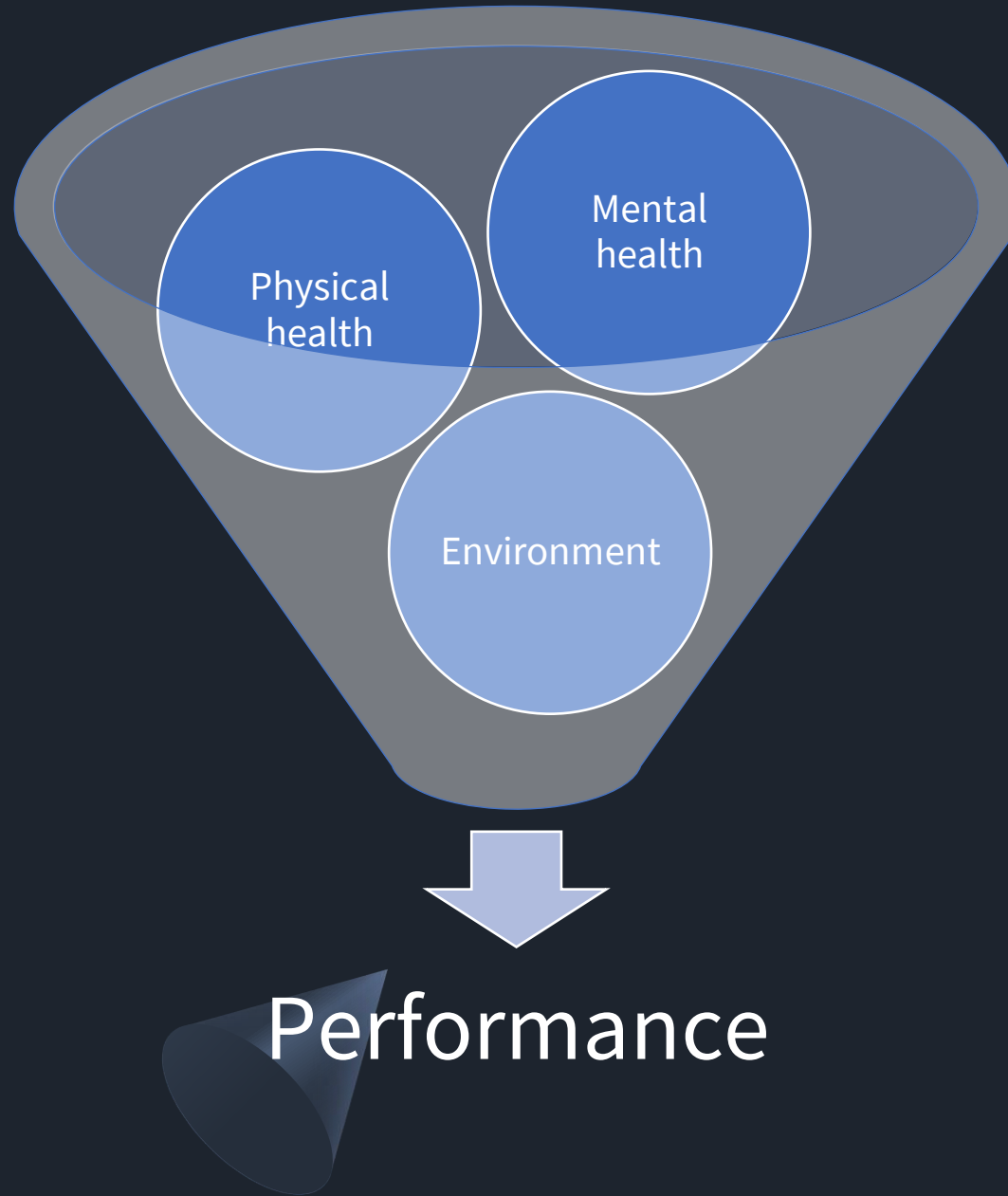


State of your mind,
feelings & emotions

Mental
Health



Well
Being



Performance



One in five people in Canada will experience a mental health problem or illness in any given year

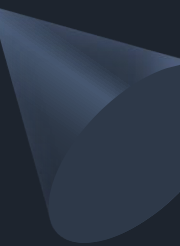


60 %

More than 60 per cent of people with mental health problems and mental illness won't seek help they need; stigma is one of the main reasons.



70% say symptoms started in
childhood



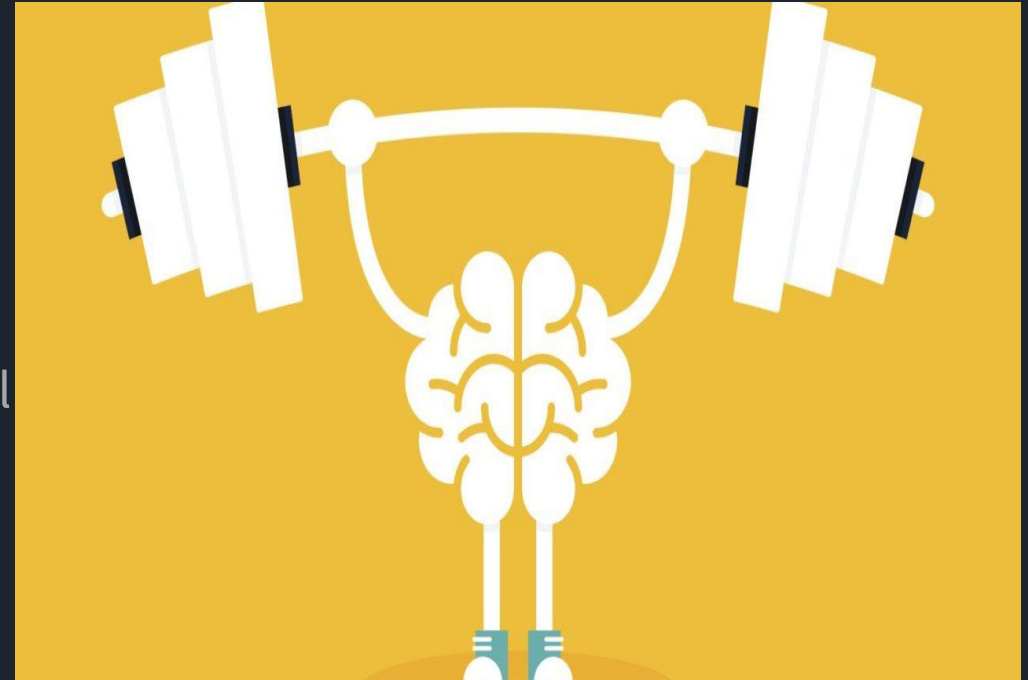
What is Mental Health?

- Mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community.
- So if you are sad or down when going through a difficult time and experiencing poor mental health doesn't mean you have a mental illness.
- Mental health is also influenced by life experiences, relations with others, physical health and one's environment.



Good Mental Health

- You can handle life's challenges and stresses
- You have meaningful relationships
- You can make sound decisions
- You can bounce back after struggles
- You understand that fluctuations in mental health is natural
- You have a sense of belonging
- You can say no to people



What shapes everyone's mental health?

Determinants of mental illness:
biological, environmental, psychological

Internal and external **mental health assets**

*e.g., support network, practitioners,
pharmacological and therapeutic
interventions*

*What shapes the mental health
of athletes?*



How can you create an supportive environment?

We still treat mental health as an individual phenomenon, something that happens within each person.

We need to think about it in terms of the person and their environment.

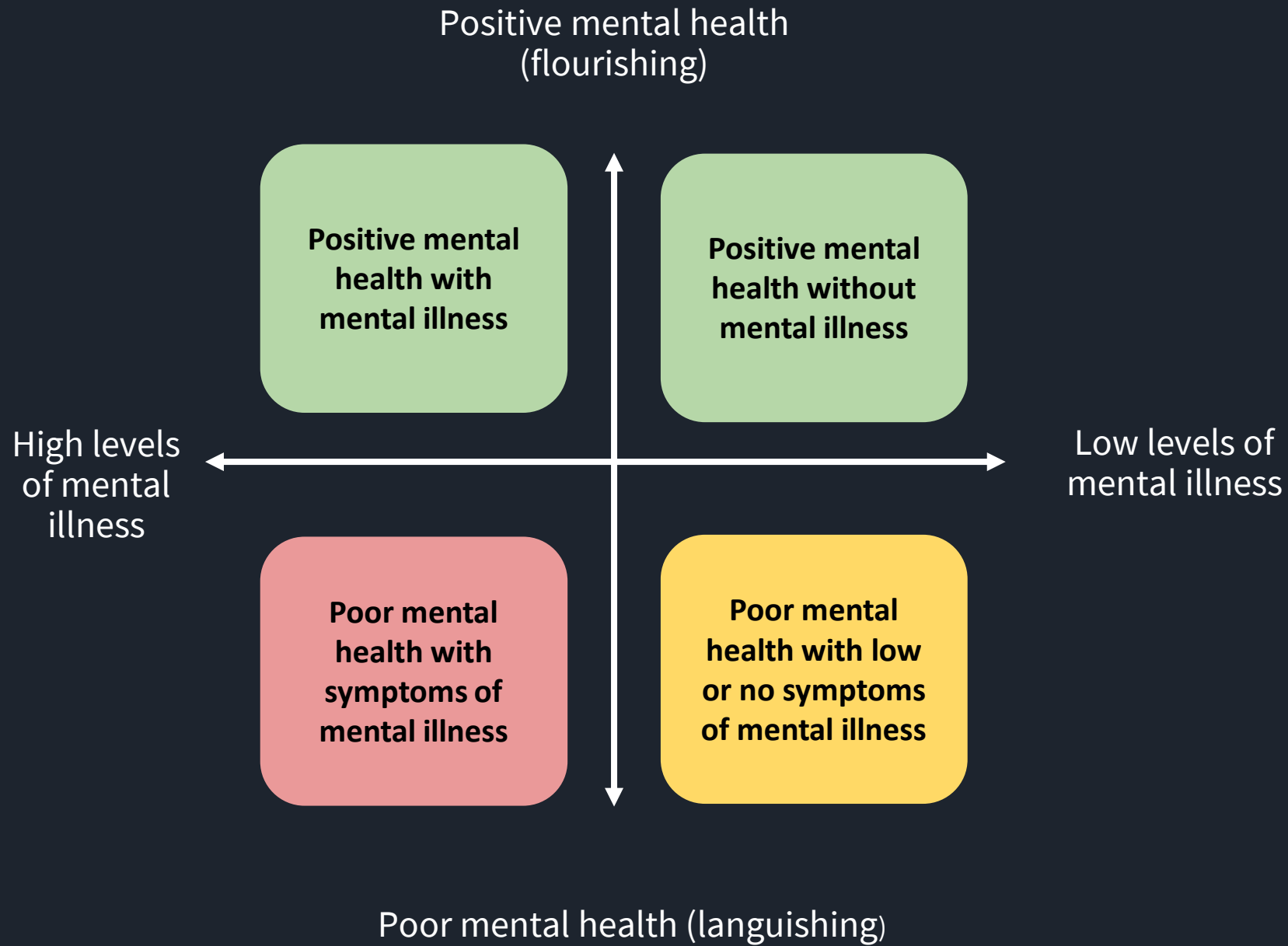
What areas could you focus on to create a good environment?



What is Mental Illness?

- Mental Illness is an illness that affects the way people think, feel, behave or interact with others. A person will experience distress and problems functioning **over a long period of time**.
- Mental Illness is when you feel distressed **regularly** and may not feel in control of your life.





Basic Signs of Crisis

- Crisis does not look the same for everybody
- Get to know your athletes' **normal**

Major indications of crisis

- an athlete's *behaviour, appearance, thoughts,* and/or *energy* becomes different from their individual '*norm*' and,
- this change lasts for a **two** week period or longer.



Mental Health Continuum Model

HEALTHY

REACTING

INJURED

ILL



- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- No or limited alcohol use/ gambling

- Irritable / impatient
- Nervous
- Sadness / overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension / headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled alcohol use / gambling

- Anger
- Anxiety
- Pervasively sad / hopeless
- Negative attitude
- Poor performance / workaholic
- Poor concentration / decisions
- Restless disturbed sleep
- Recurrent images / nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased alcohol use / gambling is hard to control

- Angry outbursts / aggression
- Excessive anxiety / panic attacks
- Depressed / suicidal thoughts
- Over insubordination
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illnesses
- Constant fatigue
- Not going out or answering phone
- Alcohol or gambling addiction
- Other addictions

Factors that contribute to General Wellness

- Sleep
- Exercise
- Connection with others
- Purpose and passion
- Taking time for yourself
- Being out in nature
- Asking for help
- Support yourself and others
- Build back into routines
- Build good habits
- Adjust to COVID restrictions

Sleep

- Youth need 9.25 hours of sleep to be optimally alert
- The majority of youth are sleep deprived
- Biology, technology and societal expectations created a perfect storm for chronic sleep deprivation
- Sleep deprivation can put a youth into a haze that can affect mood, the ability to think, react, regulate emotions, learn and get along with adults.
- Lack of sleep correlates with a lack of ability to exercise self control, increased aggression, impulsiveness and being short tempered



Cumulative Stress

Stressful events can add up

Things that you use to be able to manage are more difficult

Having to adjust to many things takes mental, physical and emotional energy



Current Stress Triggers



- Isolation
- Loneliness
- Boredom
- Change of routine
- Unpredictability
- Fear of virus for your self or others
- Others?

H.A.L.T.

Current Stress Triggers



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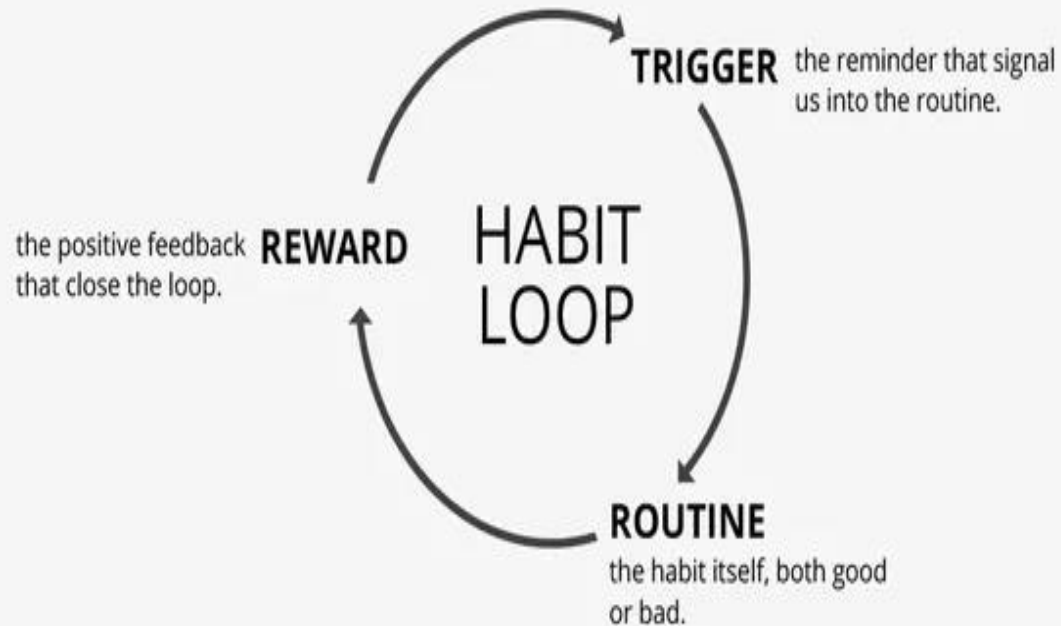
HUNGRY
ANGRY
LONELY
TIRED

Uncertainty

We respond to uncertainty on a daily basis

- it is just more minor
- Uncertainty drives anxiety
- Anxiety drives behaviour to face uncertainty and becomes adaptive
- Overtime chronic and reactive

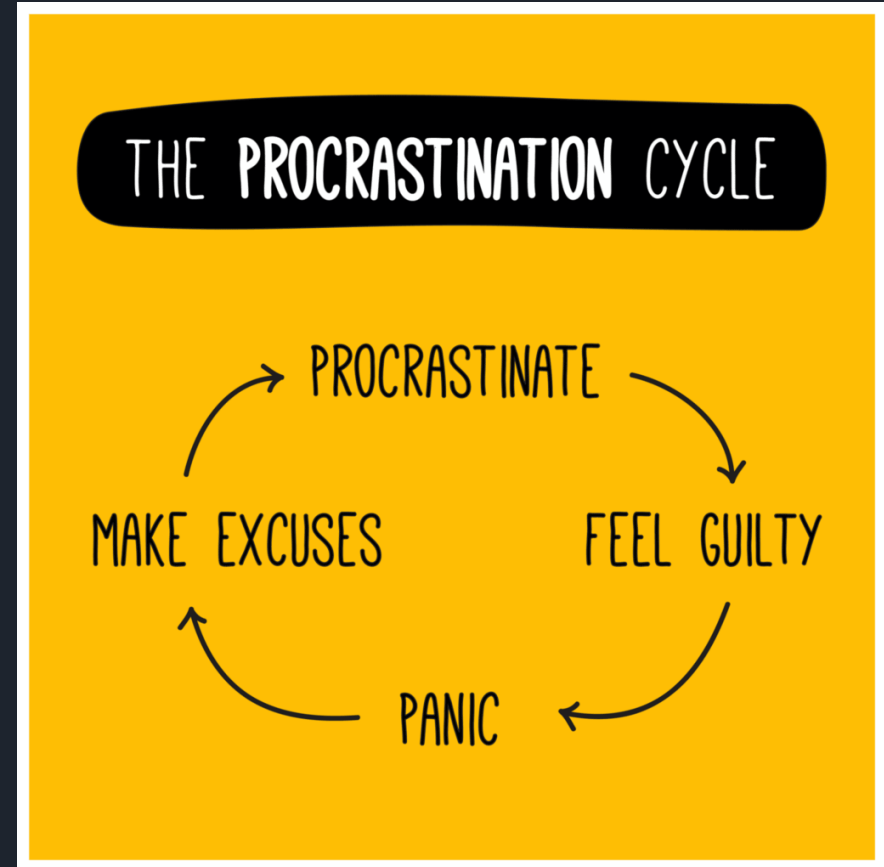
Building Good Habits



- Layer habits
- Start small
- Be aware of bad habits and what may trigger them
- Relapse will happen but you can start again

Procrastination

- We tend to put off things that we don't like or that are hard to do
- Taking action is a critical step
- We need to manage the emotions around the things that we procrastinate about
- Make a plan



Anxiety

- Anxiety is your body's **natural** response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.
- But if your feelings of anxiety are extreme, last for longer than two months, and are interfering with your life, you should reach out for some help.



EVERYDAY ANXIETY

- A case of nerves or sweating before a big test, competition, stage performance or other significant event



ANXIETY DISORDER

- Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one



EVERYDAY ANXIETY

- Realistic fear of a dangerous object, place or situation



ANXIETY DISORDER

- Irrational fear or avoidance of an object, place or situation that poses little or no threat of danger



EVERYDAY ANXIETY

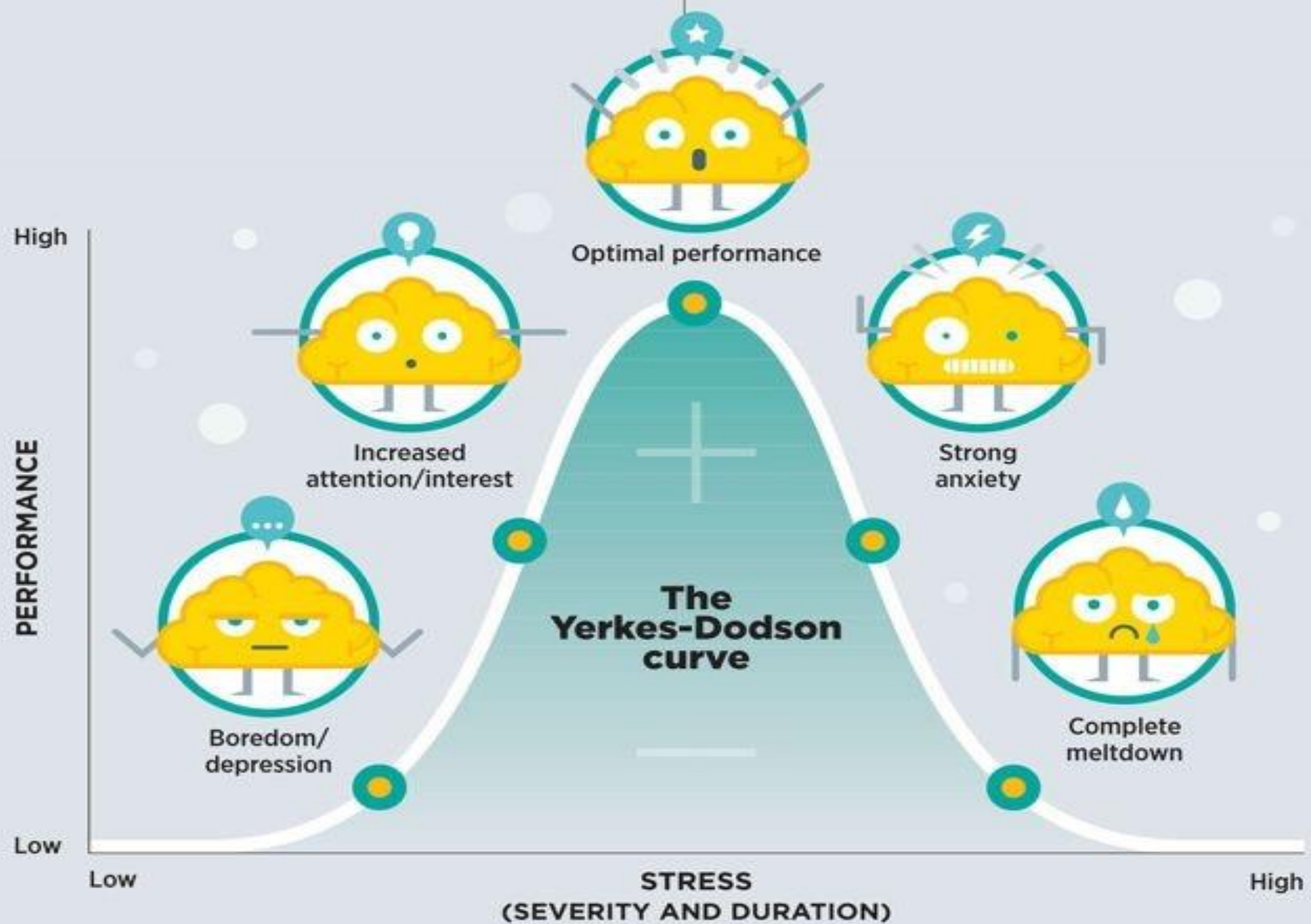
- Anxiety, sadness, or difficulty sleeping immediately after a traumatic event



ANXIETY DISORDER

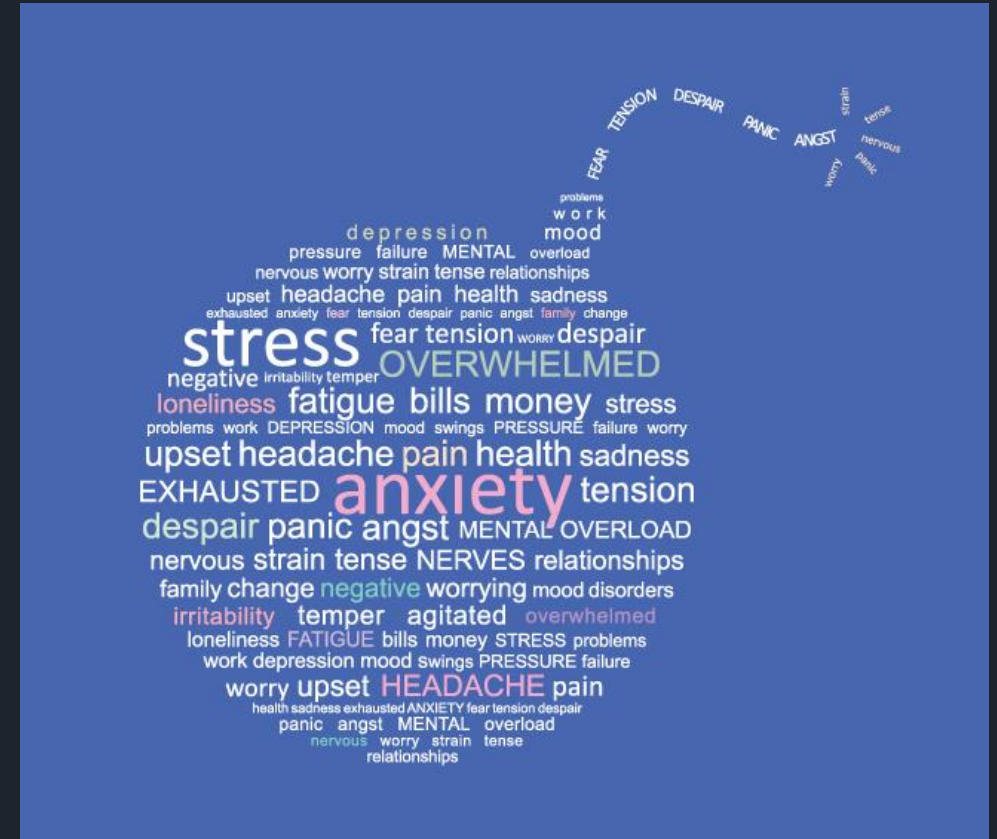
- Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before





Physical Symptoms of Anxiety

- increased heart rate
- rapid breathing or shortness of breath
- sweating
- restlessness
- difficulty falling asleep
- muscle tension, headache
- nausea and vomiting



Psychological Symptoms of Anxiety

- Fixation on the future
- Difficulty concentrating
- Problems with decision making
- Fixation on the outcome of events
- Irrational fears
- Focused on what could harm you



Strategies to deal with anxiety

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.

Strategies to deal with anxiety

- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

Gather the evidence

- That disputes what you think might happen
- Identify the positive possible outcomes
- How much is what you are worrying about really matter
- Identify the strategies and strengths that you have to deal with the situation
- Asking others to help find some evidence
- Write it down!



Being in the present

- Fully engaged or immersed in what you are doing
- Doing something that you love
- Being with friends
- Practicing deep breathing

