

COACH WELLBEING

DURING COVID-19 AND BEYOND



Gymnastics
Australia



Mental Health

With the additional stressors of online programming, changes in timelines and resetting of goals, it is important to take care of your own mental health during this time. You may choose to connect with people or providers you have used in the past in the mental health space. Now is a great time to check back in!

For those that do not have a current personal mental health provider the AIS Mental Health Referral Network is available. For more information please see below.



Learn

Why not use this time for some self development or personal growth? Ever wanted to learn to cook, learn a language or up skill in an area of interest? Now is the time — there are many free courses online available!

Creating a 'list' in the learning space is essential. When you have an idea for a project, list them. Ensure you then fit your learning into your daily routine. Coaches have more time now than ever and as structured people it is important to keep your routine going.



Connect

Isolating can be difficult. Be sure to connect in with family and friends regularly.

Consider reaching out to coaches from other sports! Share your experiences, ideas and small wins of coaching online and any challenges you are facing during this time.



Use Your Support Team

Your multidisciplinary support teams are here to do their part and ease some of the stress during this time. If you are feeling overwhelmed with programming, athlete support or planning be sure to reach out!



Self Care

Coaches invest a significant amount of time each day throughout the year into athletes. This time presents a fantastic opportunity for coaches to practice their own self care!

Meditate, eat well, exercise, read a book, go out into nature, sleep well, drink plenty of water, do something you enjoy doing, listen to music. It is important to take note and reflect on the things you are doing for self-care in this time. Find out what works, so you can continue it into the future.

ADAPTED FROM DIVING AUSTRALIA

Visit The Rebooting Gymnastics Page
gymnastics.org.au/rebootinggymnastics

AIS Mental Health Referral Network

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