

9 WAYS ATHLETES CAN WORK ON THEIR MENTAL HEALTH DURING TRAINING



Engage in some deep breathing before training to reduce physiological and psychological arousal



Identify any unhelpful thoughts you experience and categorise them into thinking errors



Categorise any worries that you might experience into hypothetical and practical worries. Use problem solving to deal with the practical worries



Challenge unhelpful thinking by asking yourself questions which can help to develop rational, balanced beliefs



Use grounding techniques to help refocus on the present moment. There are lots of mindfulness techniques to use



Engage in some reflection to aid psychological recovery



Take time during breaks to engage in rest and recovery and self care



Engage in some behavioural experiments to challenge beliefs in training



Talk to coaches or teammates openly about how you are feeling or what you are thinking

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