



April 15, 2020

A note from Dr. Carla Edwards, High Performance Mental Health Advisor, Swimming Canada

1. Connect with people- you may have the time to do that more now than before. physical distance, not social distance!
2. Connect with yourself- you're going to get to know yourself on a whole new level- now's the time to pull old passions and interests off the shelf.
3. Take the time to explore who you are beyond the athlete! Likes, dislikes, future.
4. Now is the time to be adaptable, flexible and creative. We are out of your comfort zones and can't train like we want- the coaches and ISTs are developing dry land- trust the process. We have a year- we WILL be ready for the OG/PG.
5. Recognize that your feelings about this will evolve (ie- fear, uncertainty, shock, uncertainty, disappointment, relief, uncertainty, anxiety about returning to fitness). Allow it. Each one of you will experience those in different orders and at different intensities.
6. Find your supports and your outlets. SC has embedded resources for next gen and senior team athletes. There will be a resource page which outlines the plethora of resources available. Know who your go-to people are. Many of the SC MH & Performance team are part of a nation-wide task force for mental health strategy for COVID-19. Use the relationships you already have for support. If you don't know the pathways, contact your coach and they can help navigate the resource network.
7. Most importantly- personal and family health. Follow the rules for physical distancing, stay in contact with your coaches or team docs about your physical and mental health, access your MPC as needed and more intensive medical or mental health resources can be arranged if needed.