

## DEALING WITH DISAPPOINTMENT DURING CORONAVIRUS CANCELLATIONS, POSTPONEMENTS

### The Importance of Sport

- [The Real Importance of Sports: Sean Adams](#)
- [Success is Scariest than Failure: Jemele Hill](#)
- [Win the Game of Life with Sport Psychology: Jonathan Fader](#)
- [That's Why They Call it Play - The Joy of Sports: John Wilson](#)
- [What Now?](#)

### Mental Health Matters

- [West athletic Athlete Ed site and links](#)
- [Importance of mental health](#) from Allison Schmitt
- [Insights on Mental Training and Sports Performance.](#) Dr. Tiffany Jones, a  
Mental Performance Coach/Sports Psychologist.
- [Dr. Sanjay Gupta's coronavirus podcast for March 24: Talking to our kids about Covid-19](#)
- [Meditation for overwhelm](#)
- [CDC Resource on Stress and Coping](#)
- [Why relational connection is so important during the coronavirus pandemic.](#)

### Read a Book or Article

- Range
- Raise Your Game
- Win The Day
- 59 Lessons
- Calling Up
- The Constraints Lack Approach
- Leaders Eat Last
- The Goldmine Effect
- Mindset
- Atomic Habits
- Culture Code
- Power of Moments

- Grit
- The Score Will Take Care of Itself

Tips to help athletes get through this crisis from the association of applied sports psychology.

Athletes and other performers:

Talk it out: Identify people you trust who you feel can be sources of support and guidance during this time. Stay in touch with your coach and teammates via text, video, and social media. Connect with a mental health and/or mental performance professional for additional support in working through your current experience and concerns; use the Certified Mental Performance Consultant® (CMPC) search tool to find someone to meet with virtually.

Consider how you want to continue engaging in your sport: While keeping the latest social distancing and general recommendations in mind, you may be able to continue training to a certain degree. You can use your new-found time to rest and recover, engage in other interests, manage school or work commitments, and/or continue training or maintaining your level of fitness. It's important to consider what is best for you right now and over time as our situation progresses. You may also want to discuss this with your coaching staff, perhaps revising goals or expectations together.

Remember your "why": Even with no competition on the horizon, reflecting, remembering, and recommitting to your "why" or reason for training and competing in your sport, can help you to remain positive and motivated while adapting to current restrictions.

Focus on physical and mental fitness: If you decide to continue investing in your training, it may be easier to continue improving flexibility, strength, and your mentality during this time. Ask your coach what you can physically be doing or explore virtual training options through various apps and programs (some of which even allow you to compete virtually against other people or avatars) such as Zwift, Garmin, MapMyRun, Strava, and ErgBuddy. You can improve mental skills such as confidence, focus, goal setting, relaxation, or visualization by finding a CMPC to work with one-on-one or by using an app such as Headspace, Calm, WellU, woop, or Fit Brains.

Establish a daily routine: We have decent control over decisions we make about how we start and end our days as well as items we prioritize daily or weekly. Solidifying morning and evening routines, getting enough sleep, and deliberately incorporating other acts of self-care (e.g., journaling, engaging in personal hobbies, and eating nutritious foods) into our lives helps to partially reestablish feelings of control and comfort while supporting our health and well-being.