

<https://www.youtube.com/watch?v=cnVZCnotBi4>

Discussion...

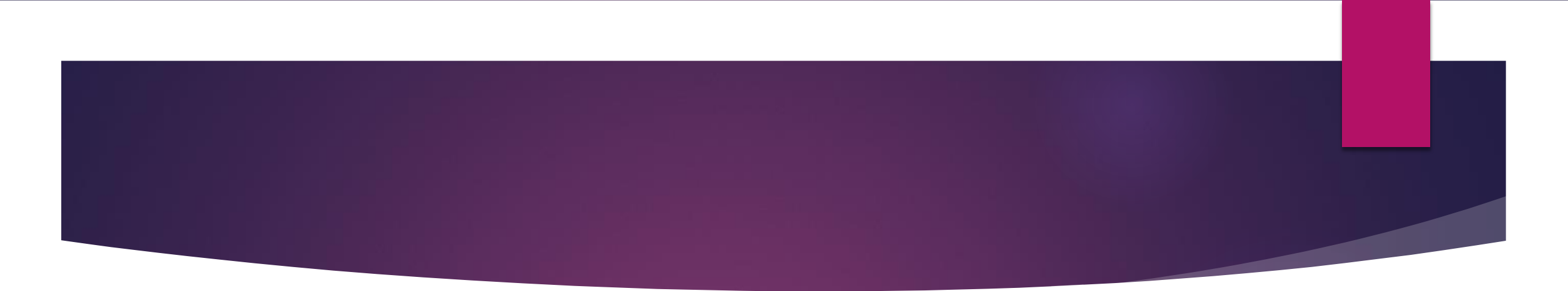
- ▶ One individual who always stood apart in the group
- ▶ Presented with flat effect
- ▶ You never saw them smile or crack a joke
- ▶ Rarely made eye contact
- ▶ Came and left by themselves when everyone car-pooled

Thoughts?



Why are we talking about Mental Health?

ROWONTARIO/ONTARIO SAILING COACHING CONFERENCE 2017

- 
- 1 in 5 Canadians will have a diagnosed mental health condition (2014 CMHA)
 - 46% of Canadians think “mental illness” is used as an excuse for poor behavior and personal failings (2009)
 - 1 person every 40 seconds dies by suicide in the world (WHO 2014)
 - 2 out of 3 people suffer in silence fearing judgment and rejection
 - ▶ 500 billion dollars!

DSM-V

- Mood disorders
- Anxiety disorders
- Schizophrenia
- Eating disorders
- Personality disorders
- Addictions
- Dementia
- Learning Disabilities such as Attention deficit (hyperactivity) disorder (ADD or ADHD)
- Concussions?

What if you were working with an athlete who indicated they had:

- ▶ Poor appetite or overeating
- ▶ Difficulty concentrating
- ▶ Weight loss or gain
- ▶ Poor sleep
- ▶ Low or depressed mood for most of the day for an extended period of time
- ▶ Irritability
- ▶ teary
- ▶ Random diffuse pain
- ▶ Fatigue
- ▶ Suicidal ideation

Symptoms of depression

- ▶ Poor appetite or overeating
- ▶ Difficulty concentrating
- ▶ Weight loss or gain
- ▶ Poor sleep
- ▶ Low or depressed mood for most of the day for an extended period of time
- ▶ Irritability
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Symptoms of:

- ▶ Overtraining
- ▶ Thyroid deficiency
- ▶ Diabetes complications

Symptoms of Overtraining

- ▶ Poor appetite or overeating
- ▶ Difficulty concentrating
- ▶ Weight loss or gain
- ▶ Poor sleep
- ▶ Low or depressed mood for most of the day for an extended period of time
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What are cues to look for?

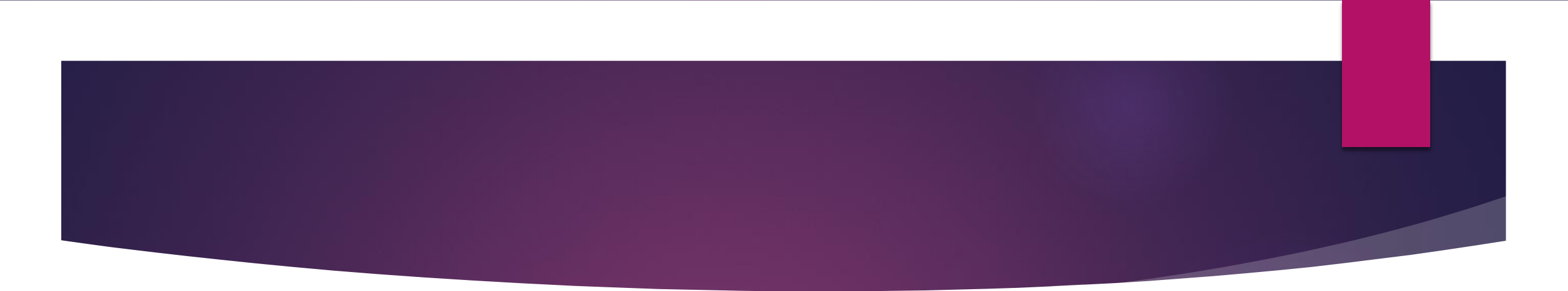
- ▶ Any thoughts?
- ▶ Look for someone who is sad?
- ▶ Someone who talks to themselves?

Remember

- Everyone has their own personality
- Everyone interacts differently in the environment
- Each individual functions and performs differently

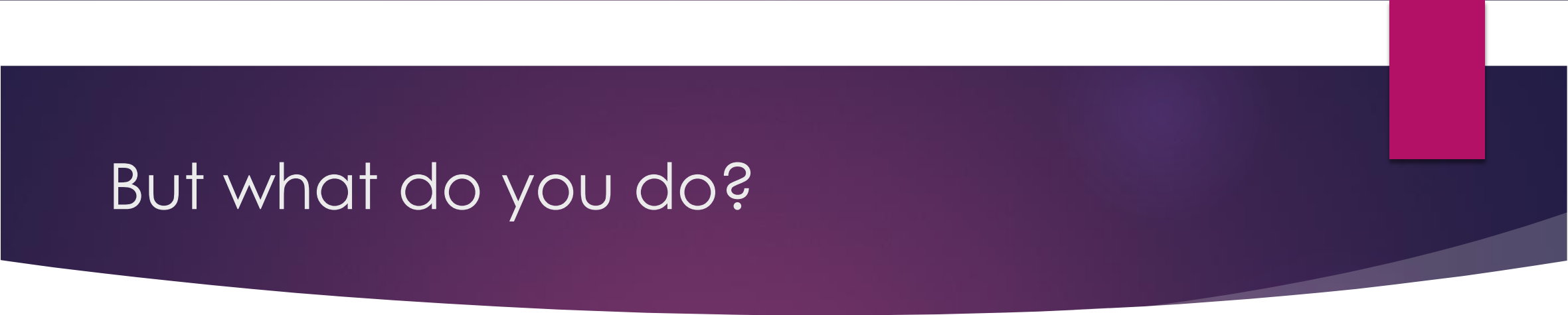
Look at Behaviours

- ▶ Absences from Practices
- ▶ Missed events
- ▶ Lateness
- ▶ Appearance changes
- ▶ Personality changes
- ▶ Withdrawal
- ▶ Sporadic performances
- ▶ Giving away possessions

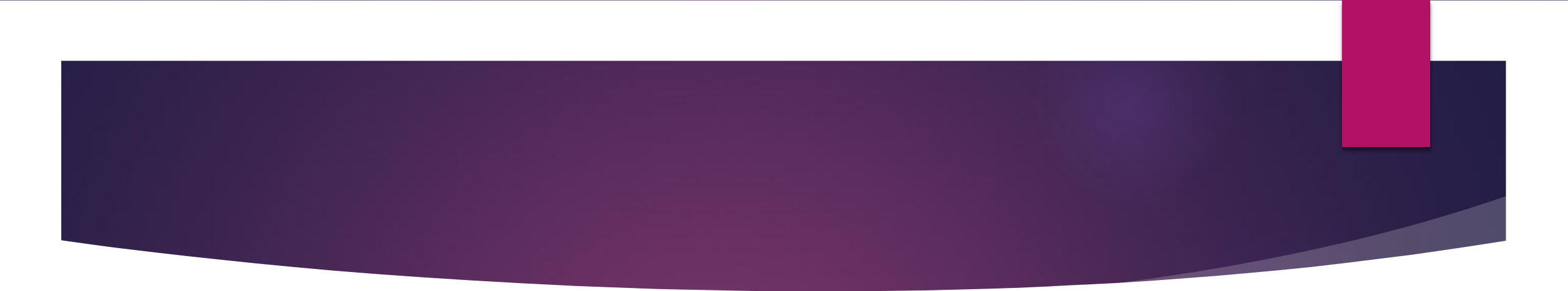


▶ <https://www.youtube.com/watch?v=1-ucyKPXzS8>

▶ From World Health Organization



But what do you do?

- 
- ▶ Notice change
 - ▶ Ask “Do you want to talk?” -- listen
 - ▶ Don’t provide advice (if you just exercise, eat right, think positive)
 - ▶ Remind about any assistance that might be available (student services)
 - ▶ Ask “Have you talked to your Parents?” Have you spoken to your spouse?
 - ▶ Ask “Have you talked to your health professional about how you are feeling?”
 - ▶ Ask “What can “I” do to support you?”
 - ▶ What do you think you can do to help?

Anxiety

- ▶ How does anxiety effect people?
 - ▶ Physiological reaction
 - ▶ Thoughts
 - ▶ Worries become overwhelming



Similar Behaviours

- ▶ Absences from school
- ▶ Missed practices
- ▶ Lateness
- ▶ Appearance changes
- ▶ Personality changes
- ▶ Withdrawal
- ▶ Inconsistent performance

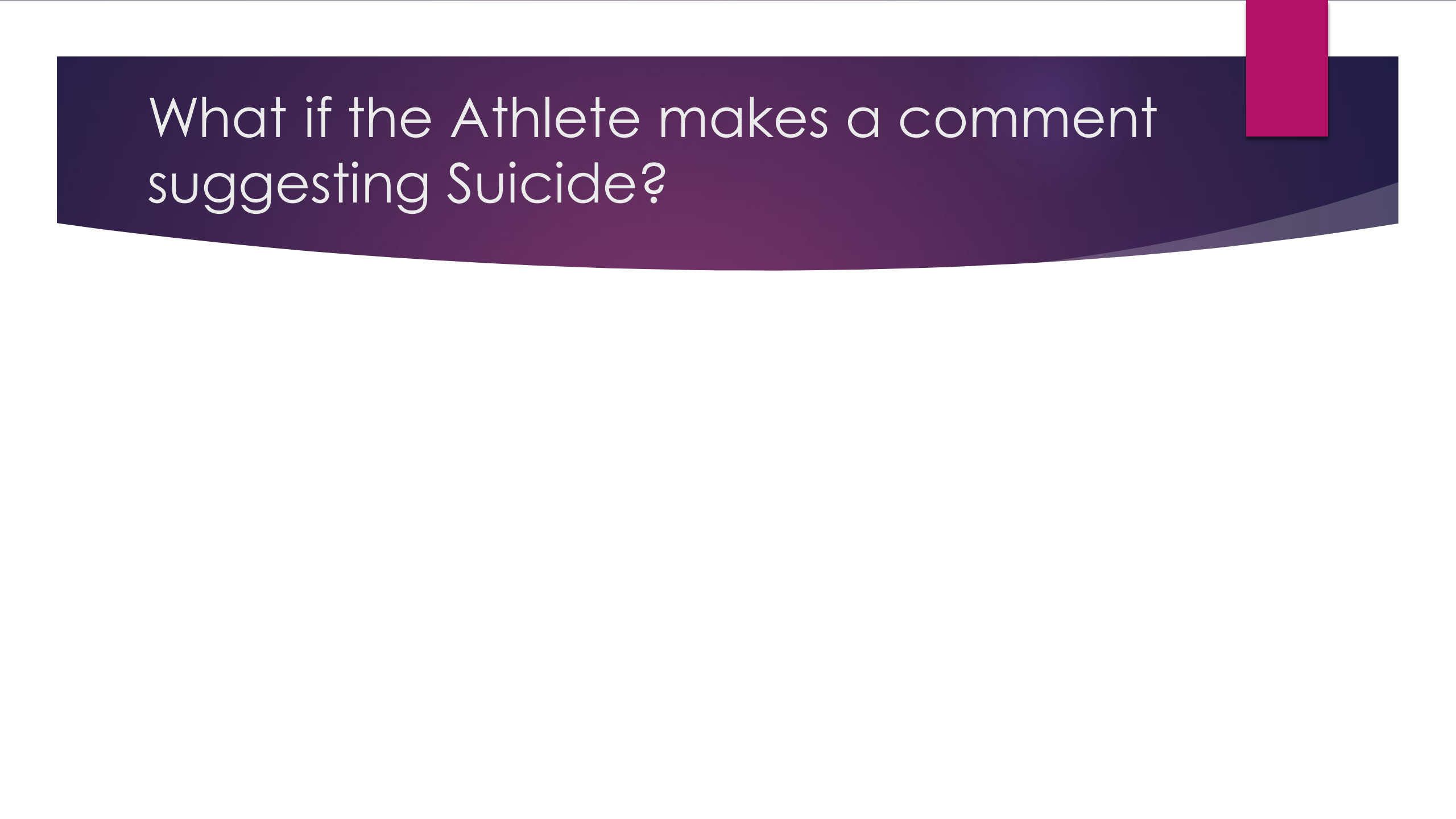
How do you manage these changes?
Should you?
Is it your job?
What if the athlete opens up to you?
Who owns the problem?

Can you recognize a panicked person?

- ▶ Recognize the situation
- ▶ Ask “Can I help?” – listen and remain calm
- ▶ Ask “Is this the first time you have felt like this?”
- ▶ Remind “Focus on your breathing”
- ▶ Create a safe space
- ▶ Ask “Have you talked to your parent/spouse, your health professional?”
- ▶ Help to ground - connect

Continued...

- ▶ If this is the first time, there is a risk for heart or asthma attacks, or other detrimental medical conditions...seek medical attention
- ▶ Only ask the most important questions, as it can be hard to focus clearly in a panic attack
- ▶ Speak in a calm voice
- ▶ Don't put too much pressure on and don't overwhelm
- ▶ Unless you are asked to leave.... stay



What if the Athlete makes a comment
suggesting Suicide?

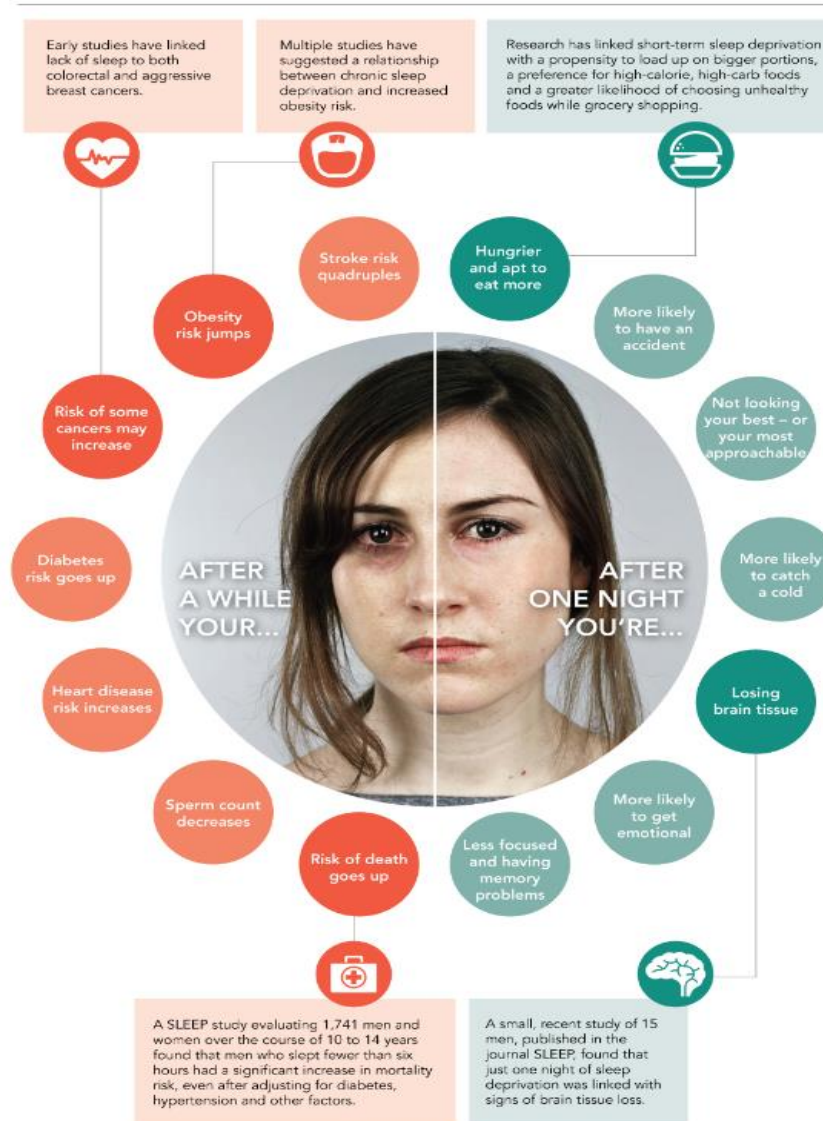
It's not about harm

- ▶ Always take suicidal comments very seriously
- ▶ Try not to act shocked
- ▶ Help the athlete call the Employee Assistance / Crisis Line
- ▶ Get help immediately... call 911, notify
- ▶ Do not handle the situation by yourself

Bell Lets talk

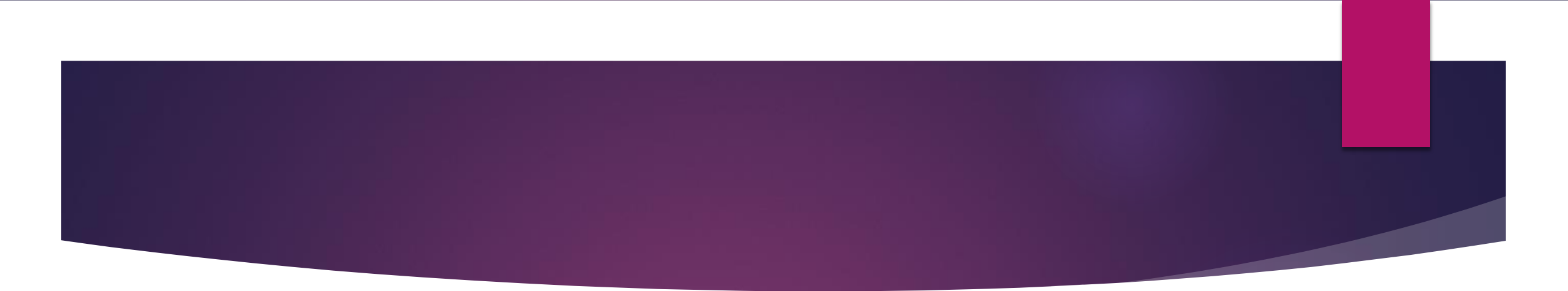
▶ <https://www.youtube.com/watch?v=6Ou2oAlVx2g>

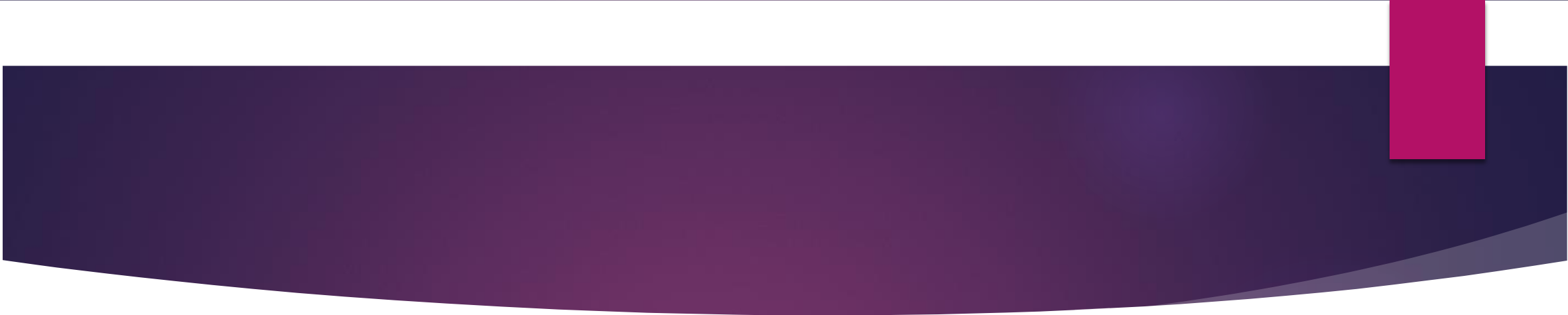
Lose Sleep, Lose Your Mind And Health

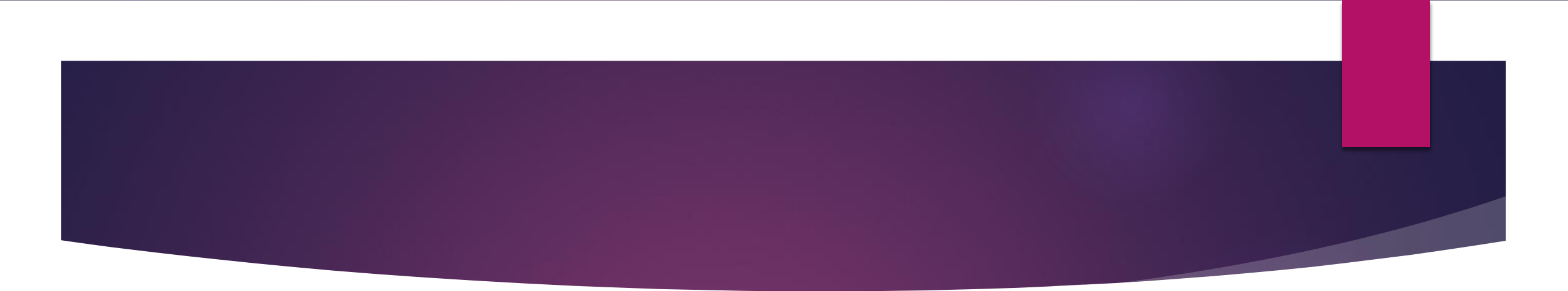


Resilency

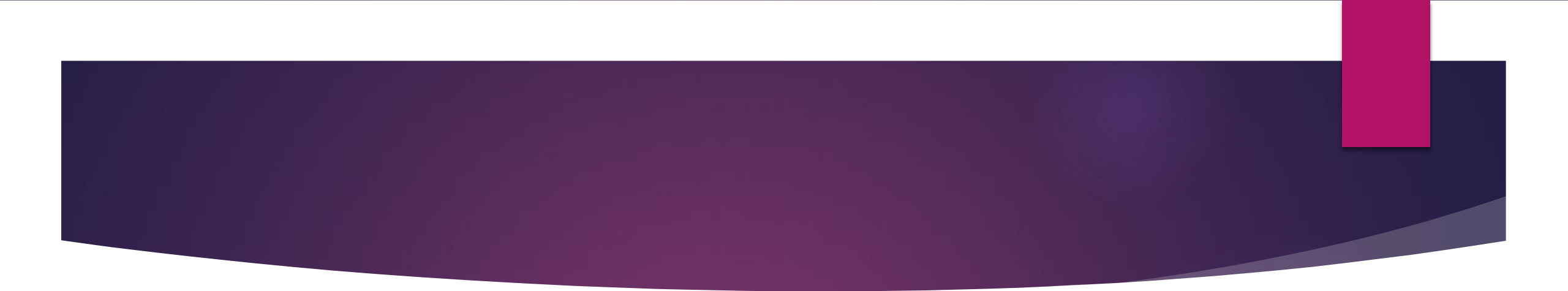
- ▶ Recognize that self care is critical if you want to coach effectively

- 
- ▶ Communicate your needs/expectations balance

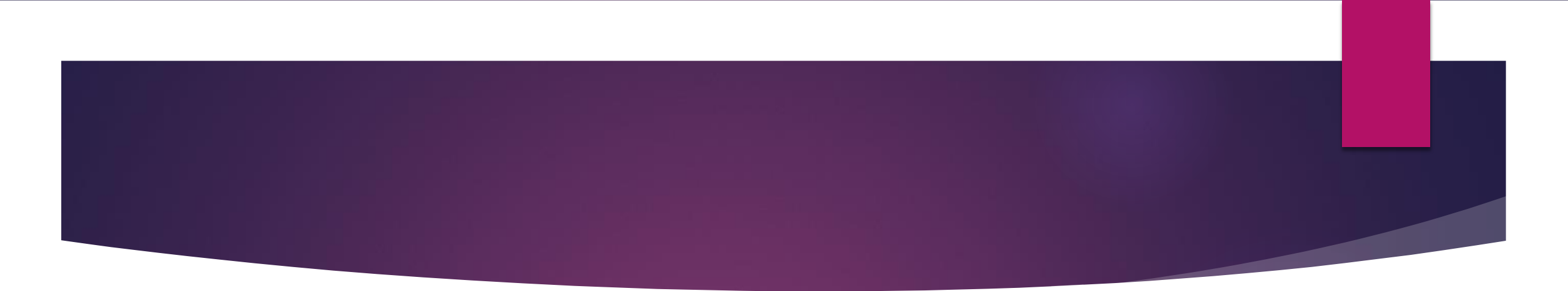
- 
- ▶ Talk it out with a friend or a professional



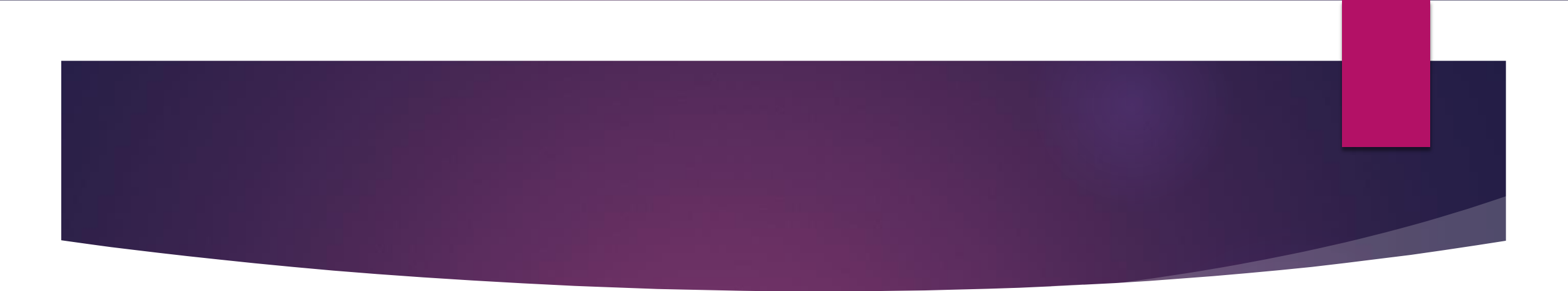
► Exercise regularly



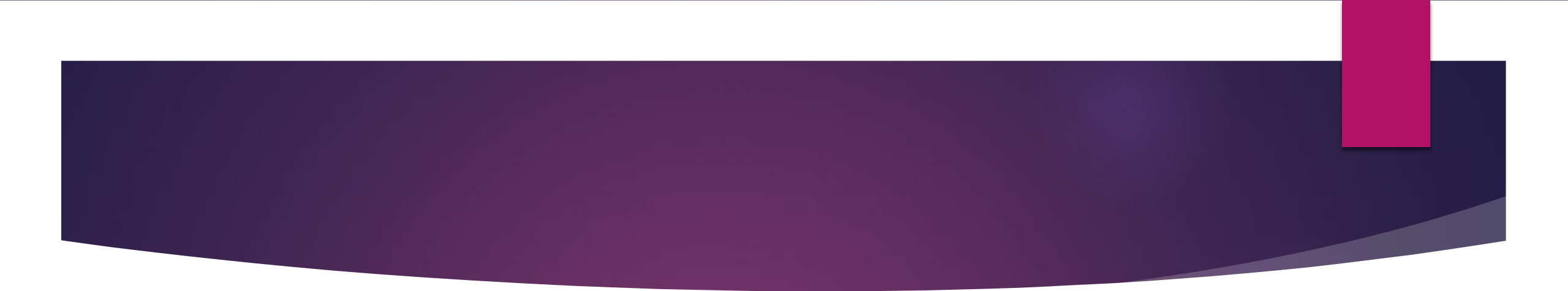
► Manage your nutritional intake

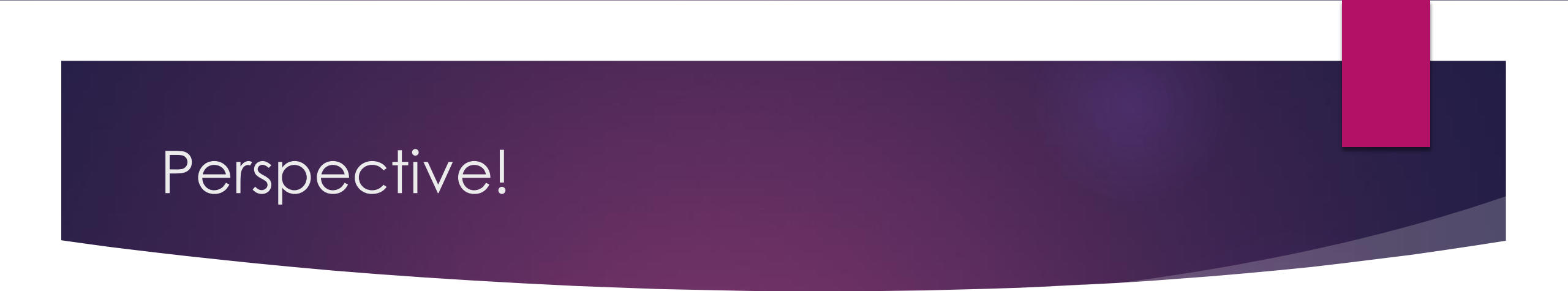


► Don't self medicate



► Mindfulness – Relaxation – leisure -
laughter

- 
- ▶ Set boundaries – Have a communications expectation meetings at the start the year
 - ▶ shut off technology



Perspective!

Resiliency/Outlook on life

► <https://www.facebook.com/goalcast/videos/1616965051714012/>

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Thoughts?

Scenario 1

- ▶ Argues with everyone
- ▶ Erratic performance
- ▶ Yells at coach then
- ▶ Normally easy person now difficult
- ▶ Seems to be at odds with team
- ▶ Argues with coach after being called on a high risk behaviour (cold water, out alone, etc)
- ▶ After one practice, yells at team/coach for decision
- ▶ Leaves in a rage throwing gravel

Scenario 2

- ▶ Athlete participating in high risk behavior
- ▶ Loud
- ▶ Inappropriate behaviour
- ▶ Losing weight
- ▶ Energy fluctuation
- ▶ Not attending to social cues
- ▶ Poor attention