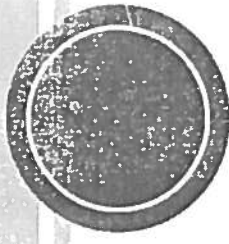


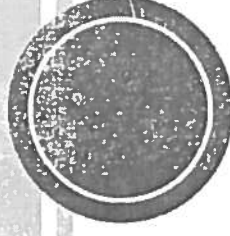
LOOKING OUT FOR #1

s this comment offensive?



RECAP: MENTAL HEALTH

<https://www.youtube.com/watch?v=R3tpOXNNMTc>



BRIEF UNDERSTANDING OF MENTAL HEALTH

- 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!

MEDICAL GUIDELINES: DSM-V

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

SYMPTOMS: 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
- teary
- Random diffuse pain
- Fatigue
- Suicidal ideation

SYMPTOMS: OVER-TRAINING

- 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

WHAT TO DO:

- Notice change – What have you noticed. Be concrete!
- Ask “Do you want to talk?” – **listen...carefully and non-judgementally**
- 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?”
- 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 AND TRAINING

- How does anxiety effect people?
- Physiological reaction
- Thoughts are
- Worries become overwhelming
- Performance can be erratic
- Relationships can be strained

WHAT DO YOU SEE:

- Absences from school or work
- Missed practices
- Lateness
- Appearance changes
- Personality changes
- Withdrawal
- Inconsistent

MENTAL HEALTH OBSERVATIONS

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

WHAT DO YOU DO:

- Is this the first time, there could be 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

HEALTH CONTINUUM

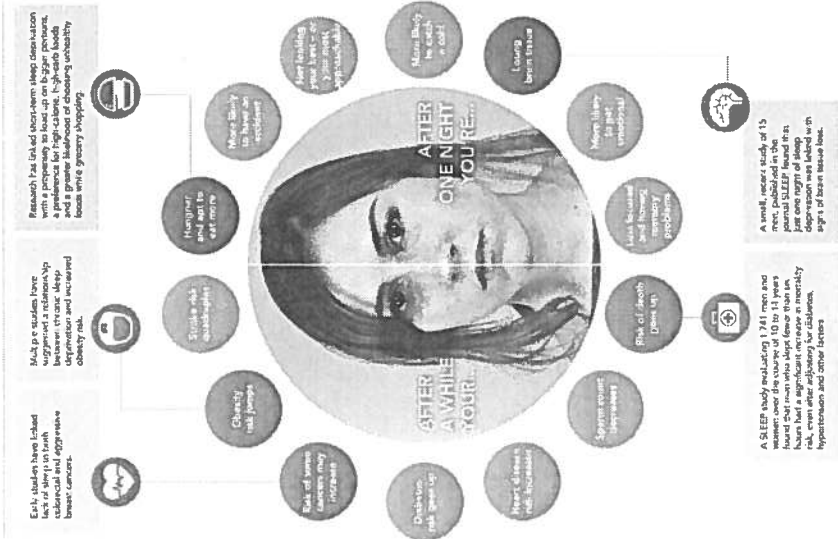
HEALTHY

REACTING

INJURED

ILL



[illegible]

STRATEGIES TO ASSIST AN ATHLETE OR CO-COACH (ANYONE) SHOWING SIGNS OF STRUGGLING:

- 1.
- 2.
- 3.
- 4.
- 5.



OBSERVATIONS

Higher level Athletes tend to have specific physiology the allows them an advantage

The higher the level of athlete, the more likely that they also work harder to capitalize on their physiology

The higher the level of athlete, the more likely they have a psychological makeup that allows them to capitalize on both the above points

But:

- They tend to be Obsessive
- They tend to have motivations (intrinsic or extrinsic) that allow greater effort towards tangible or intangible goals
- They also have the ability to put their own specific needs first!

COACHES

While a coach comes from a variety of backgrounds, they are often former athletes and/or have some of the innate skills of a skilled athlete.

Drives of a shift from self-success to assisting the athlete to achieve success and many of the same skillsets that drive an athlete, drive the coach.

One skill that often drops off for the coach is:

- They give away their ability to put their own specific needs first! In fact, they can compromise their own needs!

Take care of yourself!

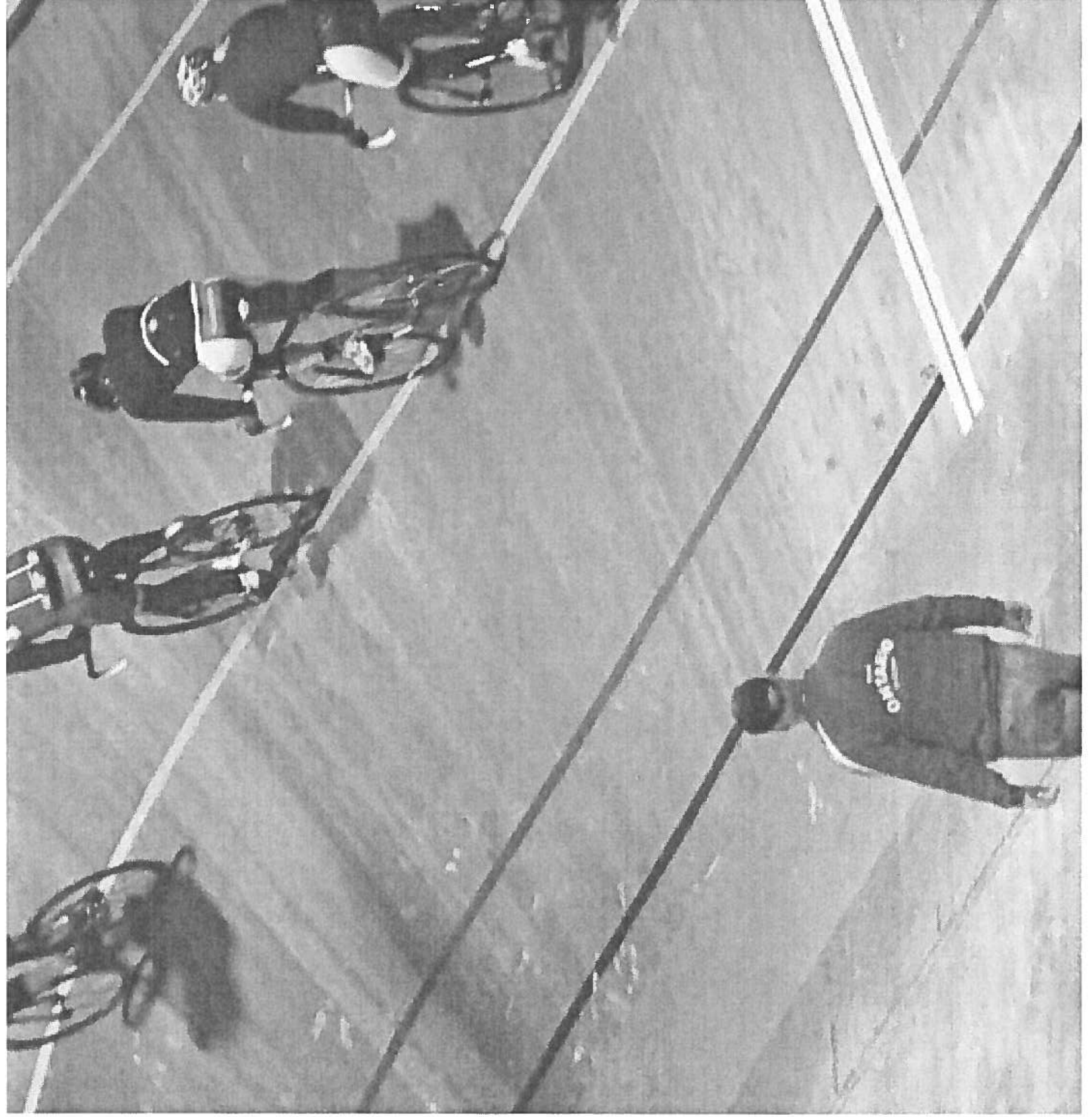


HEY!

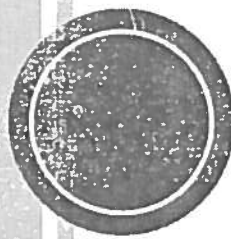
You're killing
yourself for a j
that would rep
you in a week
you dropped
dead!

COACHING INTERVALS AT FOREST CITY VELODROME

To compound the coaching job
often not a job! It's a hobby.



LOOKING AFTER #1



SIGNS OF LOW RESILIENCY

Increased sick time

Poor sleep quality

Increased family strain

Increased alcohol and drug use

Decreased productivity

Negative behaviours

Reduced coping

Increased self neglect

CAN STRESS KILL YOU?

▪ Yes!! But, mostly it kills motivation, it kills engagement, it kills productivity and enjoyment...it burns us out!

TIME: WE ALL HAVE THE SAME ALLOTMENT EACH WEEK

Work = 40 hours

Sleep = 40 hours

Coaching = 15 hours

Family = 10 hours

travel 7 hours

Eating 5

Toileting = 3

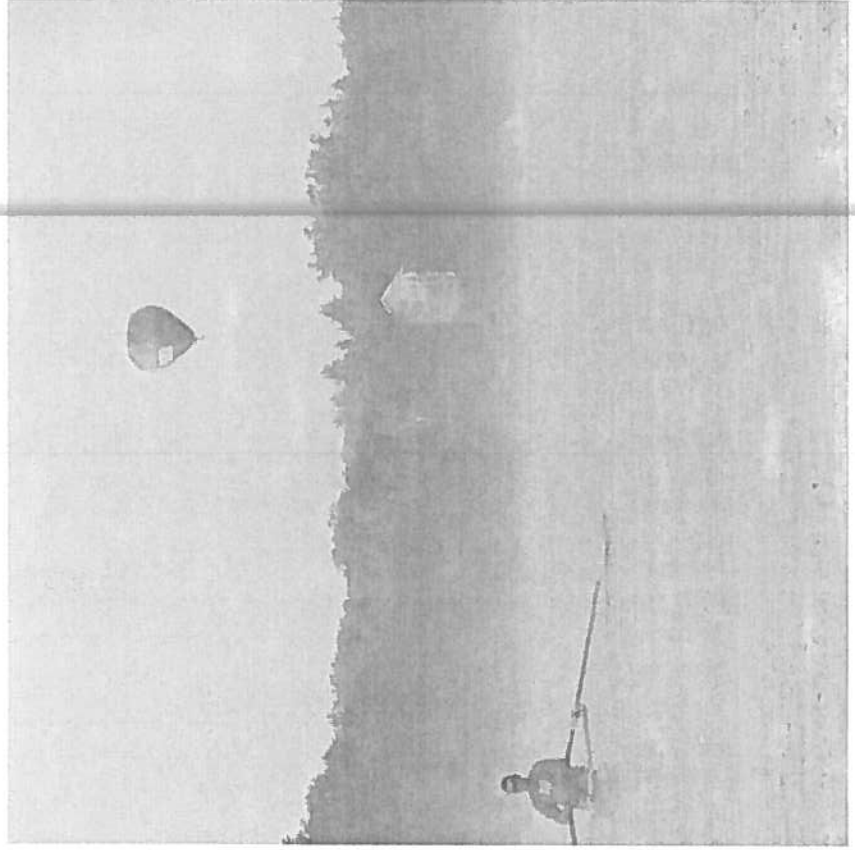
Self care = 0!

RESILIENCY IS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
-

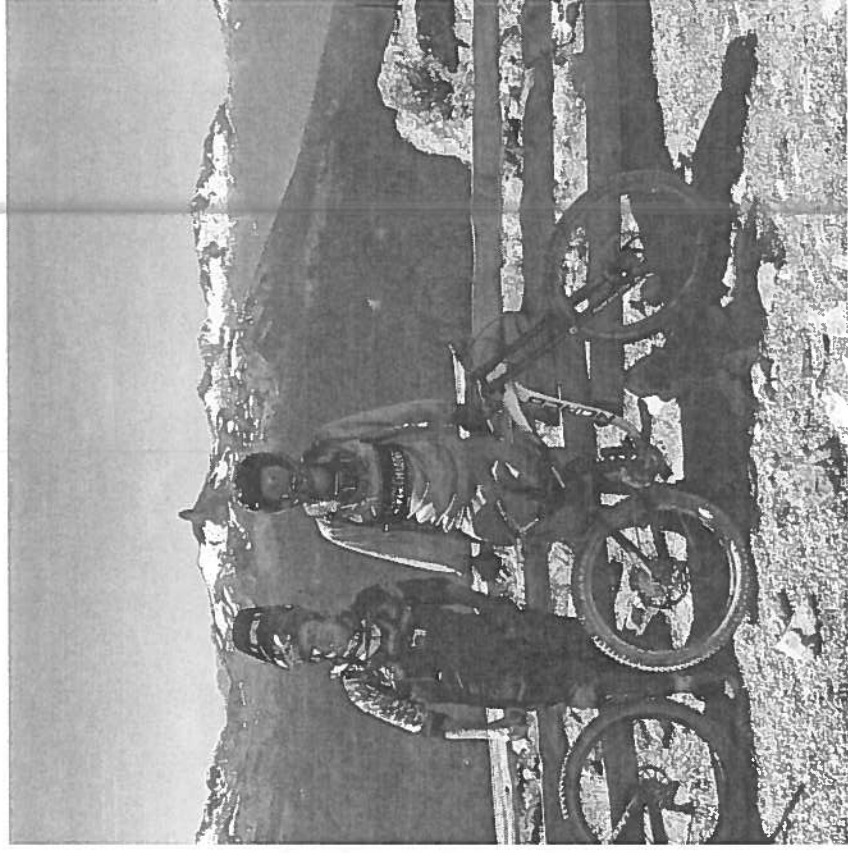
SO HOW DO WE INCREASE RESILIENCY?

LIFE VELOCITY





BREATHE AND TAKE IN THE VIEW



BE MINDFUL

<https://youtu.be/puzAe4G6uDw>

STEPS TO RESILIENCY

Don't work as much

Sleep

Eat right

email! Less

Lose Fake Work

Reduce long hours

40 hour atudy

Work is killing...

REMEMBER;

PRODUCTIVITY $\neq$ TIME + EFFORT

PRODUCTIVITY = TIME + EFFECTIVENESS

Prevent Burnout

1. Avoid long hours
2. Monitor stress and pace
3. Avoid attempting multiple tasks
4. Set Email protocols
5. Sleep!!!!!!
6. Get activity

Exercise and proper sleep positively influence almost every system in the body

CHANGING YOUR MIND

- All the stuff we've just discussed is really easy to understand.
- Knowledge isn't the issue
- Putting into practice is the issue!

NEUROPLASTICITY

NEUROPLASTICITY

• **Neuroplasticity:** The brain's ability to reorganize itself by forming new neural connections throughout life. **Neuroplasticity** allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

NEUROPLASTICITY HOW DOES IT WORK?

STRONG & FREQUENT ACTIVATION

SYNAPTIC ACTIVATION

CHANGES SYNAPTIC STRUCTURE

WEAK ACTIVATION

DOES NOT CHANGE SYNAPSE

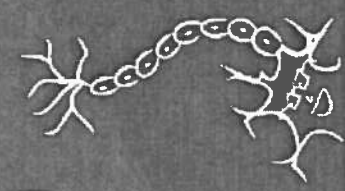
CONNECTION STRENGTHENS

IMPLICATIONS

SEMINAR-STYLE TRAINING IS NOT ENOUGH

USE TECHNOLOGY TO KEEP ACTIVATING SYNAPSES

LEARNING NEEDS ONGOING REINFORCEMENT



Reference

FOOD FOR THOUGHT

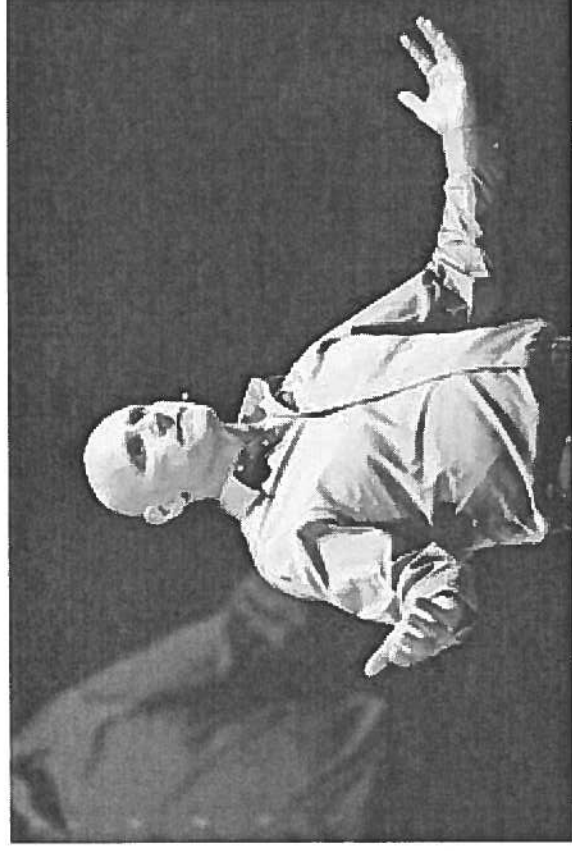
Our brain does approximately 11 million functions per second

We can attend to about 40 details per second

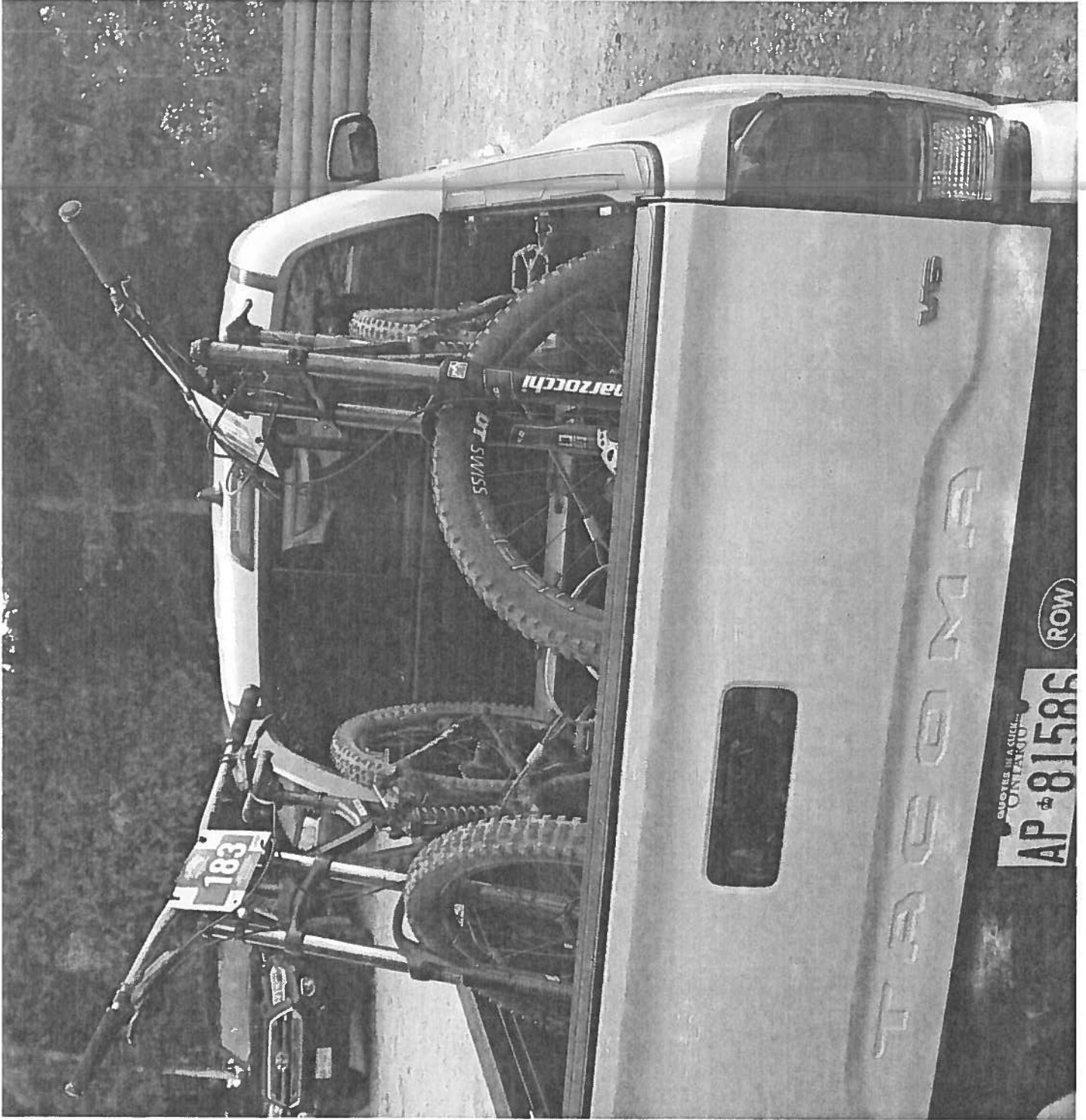
- That car that pulled out
- That master card payment
- That puddle you just missed
- Those emails that keep coming in
- Joe's Grizzly

ACCEPTANCE AND COMMITMENT THERAPY

Stephen Hayes

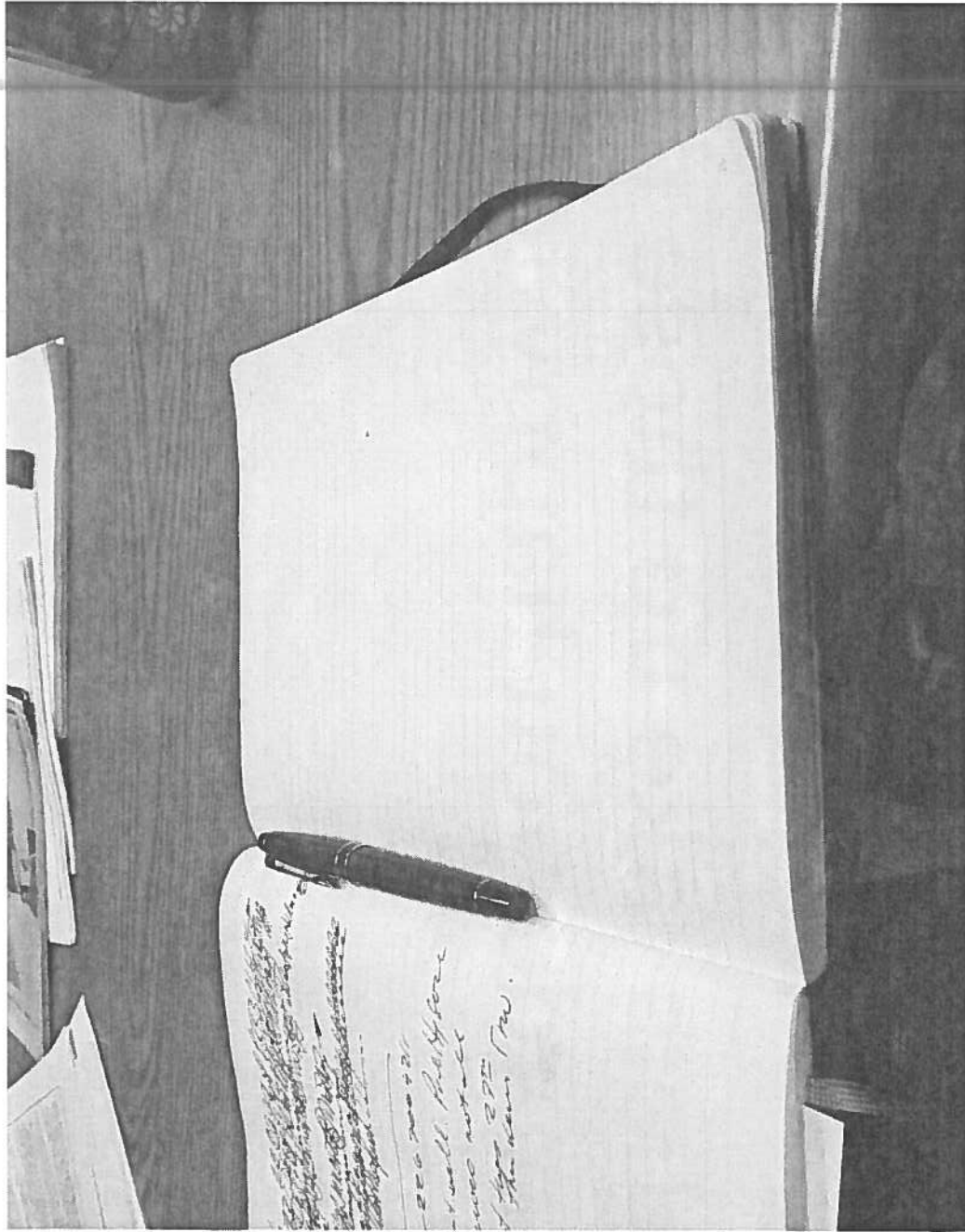


TOYOTA TACOMA



EXPERIMENT

▪ Lets take up those things that made you happy today



COACHING LOG

Each day log ten things that
well

Each session comment on po
things that worked

When, not if, you screw up, n
sure you note how to change

Now you are starting to rewri
brain!

NEUROPLASTICITY

The Ability of the Brain to Reorganize Itself,
Both in Structure and How It Functions

HOW THE BRAIN CHANGES



NEUROGENESIS

Continuous generation
of new neurons in
certain brain regions



NEW SYNAPSES

New skills and
experiences
create new neural
connections



STRENGTHENED SYNAPSES

Repetition and
practice strengthens
neural connections



WEAKENED SYNAPSES

Connections in the
brain that aren't used
become weak

Neuroplasticity

Our routines make routes in our brain. It's empowering to know that we can re-route our brains with mindfulness, to make better habits and more helpful thought patterns.

1 MENTAL ACTIVITY

This can be a thought, feeling, or action.

2 CREATION OF NEW NEURAL STRUCTURES

Neurons fire together, forming a brief connection by communicating through gaps called synapses.

3 REPETITION OF MENTAL ACTIVITY

4 STRENGTHENING OF NEURAL CONNECTION

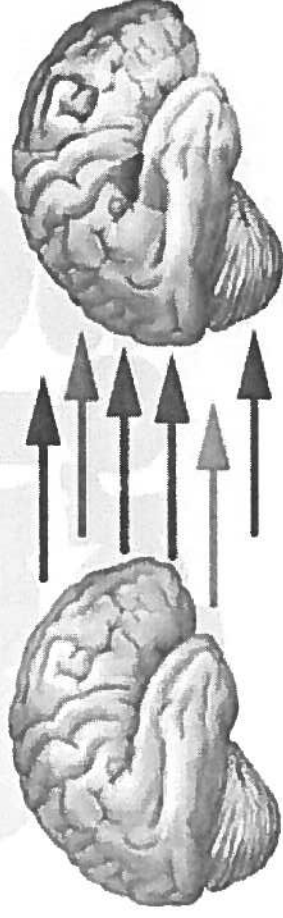
Neurons wire together to make more lasting circuits.

With attention, we can direct how this neural substrate is built - & rebuilt!

We can strengthen the pathways we want by thinking in the way we want to be.

Neuroplasticity:

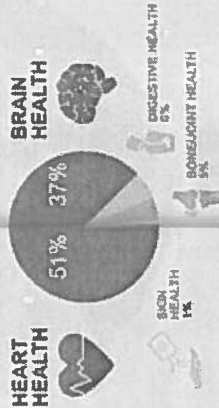
It's time for a change.



AARP STAYING SHARP

STEPS TO BETTER BRAIN HEALTH

MORE THAN 9 OUT OF 10 PEOPLE SAY BRAIN HEALTH IS IMPORTANT BUT FEW KNOW THE WAYS TO MAINTAIN OR IMPROVE IT



ROUGHLY 90% FEEL MAINTAINING BRAIN HEALTH IS IMPORTANT TO:



THE TOP 5 WAYS OF MAINTAINING BRAIN HEALTH ARE NOT TOP OF MIND

KEEPING FIT

44% cite physical exercise as a key brain health factor

LEARNING MORE

Only 8% say taking a class can be a key way to support brain health, while 25% cite brain games. Some brain exercises, as part of a holistic approach, can help

MANAGING STRESS

Only 34% say low stress is a key way to support brain health

EATING RIGHT

42% DO NOT think a healthy diet is a top activity for maintaining a healthy brain

BEING SOCIAL

Only 18% say being social is key to maintaining brain health

AARP Real Possibilities with

Staying Sharp

Source: AARP Brain Health Research, September 2014
(aarp.org/StayingSharpStudy)
Contact: Vicki Gelfand, AARP Research, vgelfand@aarp.org

<https://youtu.be/LNHBMFCzznE>

