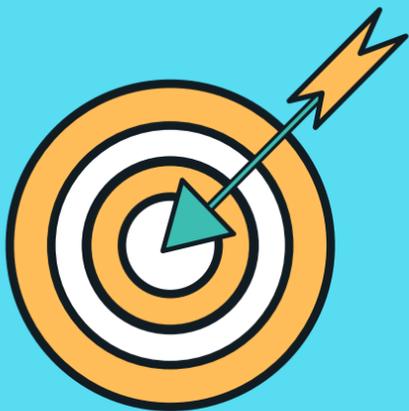


How to Stay **Motivated** when Sport is Cancelled



It's easy to become demotivated or unfocused when competitions and group training sessions are cancelled, and there's no clarity on when sport will re-start.

SIX TOP MINDSET TIPS TO HELP YOU STAY ON TRACK during COVID-19



1.) RE-FRAME THIS TIME AS AN OPPORTUNITY

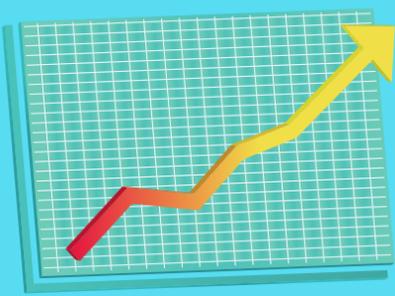
- What strengths can you turn into super-strengths?
- What development areas can you progress?
- Get some feedback from your coach if you're unsure...
- It's easy to focus on what can't do with COVID-19 restrictions in place... Put some thought into what you CAN do and WANT to do; even if you have to think outside the box and get creative!
- Put some goals into place: How will you know if you are progressing?

2.) CREATE SOME STRUCTURE

- You may have more or less time to train than usual: **Identify what time you have**, and **consider how that time is best utilised**... e.g., around work/studies/family commitments and meals; your daily energy levels.
- You are much more likely to stick to your training, if you **plan it out** and **write it down**, ideally alongside other daily activities: Try using a **daily planner** like [this](#).
- COVID-19 isn't predictable - Be prepared to **flex your plans** as government advice changes. Whilst this may feel frustrating, remember that everyone is in the same boat; so make the most of what you can do.



3.) MAP YOUR JOURNEY



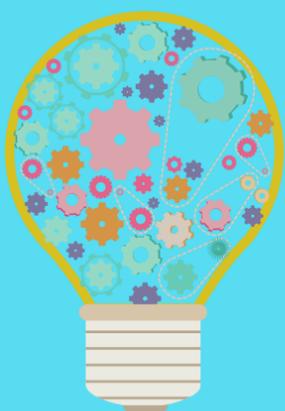
- Mapping your progress and learning points in your goals and training over this period - be that in skills, cardio, S&C, nutrition, psychology, or otherwise; can boost your awareness, motivation, and confidence.
- Try keeping a written training diary, or even a video log to help you SEE your progress, and share it with your support team.
- It can also help to map your emotional journey. This period may feel challenging and trigger tricky emotions. Writing these down can help you to reflect on and process what you are thinking and feeling.

4.) STAY CONNECTED

- You may be missing your coached sessions, team-mates, and training buddies. **CONNECT** with these friends and support team members in any way you can - Phone, messenger, video call, social media.
- Try teaming up with others for an **online group workout** and compare notes after!
- Send any training videos to your coach/support team for valuable **feedback**.
- If you are missing the buzz of a competition - create a **weekly challenge** for your team or training partners, e.g., quickest time over a set route; highest number of press-ups in a minute... video evidence is probably needed to determine a winner!
- Don't be afraid to **ask for help and guidance** from your friends, support team, or a professional if you are struggling with changes and adapting during this period.



5.) GET INSPIRED



- If you have time, look for new and different ways to gain knowledge, tips, or new information and ideas, to inspire you.
- This might be a mix of: online articles; podcasts; books; autobiographies; YouTube; documentaries. Ask people around you for their favourites (I personally enjoy the "Supporting Champions" and "Don't Tell me the Score" podcasts).
- Consider an **online course** on an area you are interested in - for example, the Open University offer some free courses.
- Share or write down your learnings - it will help embed new knowledge.

6.) BALANCE PRODUCTIVITY WITH SELF-CARE

- It's important to **nurture** both your physical and mental **wellbeing** in testing times.
- Ensure you balance physical training with **restorative time** - whether that is watching your favourite netflix series, gardening, reading, baking, music...
- It's natural to experience anxieties during this period of uncertainty, and our emotional mind tends to jump into future 'what ifs...?'. **Quiet 'mindful'** (in the here-and-now) activity can help a sense of calm and manage worries/stress. Try apps such as 'Headspace', or 'Calm'; or try some restorative yoga or gentle stretching.

