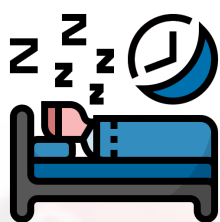


HOW TO PREVENT BURNOUT IN SPORT



REST PERIODS (PHYSICAL AND PSYCHOLOGICAL)

- Step back from over competing and over training, realise the importance of stopping and recharging.
- Step back from being over absorbed in your sports environment, take time to spend time with people away from your sport and discuss and think about other things.
- Learn what enables you to escape your sport, and switch off from the pressures of competing.



TIME MANAGEMENT

- Assess what time you have, evaluate when you are training, competing, and working and schedule your time around the important dates, while also considering when you are going to rest and recover.
- Be organised know what you have coming up and exercise some control over your time, enabling you to stay in control of your life in a relaxed manner; limiting time pressure and stress



PERFECTION OBSESSION

- Strive for perfection, rather than obsess over perfection.
- Don't become perfection obsessed, look to accept less than perfect performance, when a perfect performance is unrealistic.
- Strive for perfection by attempting to be the best that one can be in the context of your sport. Learn from mistakes and look to live up to your athletic potential; recognise you are only as good as your last game and move forward to always improve within what you can control and what is realistic.



PRESSURE

- Acknowledge and explore the pressures you may feel, try and understand why you feel that pressure. Look to name, acknowledge and accept the emotions you maybe feeling.
- Assess what you can do to mitigate the pressures, explore what you can control in your performance and look at ways you can maximise your sense of control, while disregarding the pressures surrounding the outcome (Become and remain process driven, focus on what it is you need to do to win, rather than focusing on the winning itself).



SKILL FOCUSED

- Evaluate what skills you need to focus on to enable success; become critical of your performances and avoid falling in love with your wins.
- Have a growth mindset, with a focus on learning and improving regardless of result, appreciate every game/competition is a learning opportunity and that you can better as an individual and as a team.
- Be specific, be honest and be accepting of criticism; what is it you need to work on and how are you going to improve on it.



ENJOYMENT AND SOCIALISATION

- Remember we compete in sport because we enjoy it, rekindle that enjoyment and take time to appreciate the reason you compete is because it is fun and it is what you choose to spend your time doing.
- Socialise both within and away from your team. Use your time socialising within your team to develop your team environment, but also look to socialise away from your sport generating a sense of escape and separation from your sport in order to recharge and refresh.
- Generate a healthy work, sport, life balance.

CAUSES OF BURNOUT

Excessive Stress and Pressure

Constant pressure to win, train and perform can lead to mental and physical exhaustion and stress, leading to burnout.

Entrapment

Athlete who experiences feelings of entrapment and who have invested a lot of time and energy into their sport but do not experience any rewards from participation or enjoyment in their sport.

Empowerment

The structure of organised, competitive sports becomes controlling. It controls the identity of participants and controls their lives, leaving them feeling dis-empowered.