

# Coping post-lockdown

Theme and psychological challenges	Ways to support	Ideas for discussions and questions to explore in conversations	Signposts to further resources
<p><b>Life feels different and hard</b> Dealing with a range of emotions. Mood swings.</p>	<ul style="list-style-type: none"> <li>• Acknowledge that the pandemic is a difficult situation for everyone</li> <li>• Normal to have 'up and down' days</li> <li>• Encourage open communication</li> <li>• Active listening</li> <li>• Encourage naming emotions</li> <li>• Provide designated time to regularly talk about emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• How have you helped yourself when you are having a difficult day?</li> <li>• Who is your go-to person to give you support?</li> <li>• How have you kept connected to others during lockdown?</li> <li>• When you have found things difficult in the past, how did you cope?</li> <li>• Share one difficulty you have had in lockdown and describe how you managed the situation</li> <li>• How can other people help me? (What could they do for me? What could they say that might help me?)</li> </ul>	<p>Swim England video on grounding and staying present <a href="https://www.youtube.com/watch?v=M_YyoZ7WsnU&amp;t=12s">https://www.youtube.com/watch?v=M_YyoZ7WsnU&amp;t=12s</a></p> <p>Swim England video on mixed emotions <a href="https://www.youtube.com/watch?v=LNu4xUo2P50">https://www.youtube.com/watch?v=LNu4xUo2P50</a></p> <p>Swim England video on applying psychological skills <a href="https://youtu.be/GPEdiH9wMxg">https://youtu.be/GPEdiH9wMxg</a></p> <p>NHS mental health resources <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines</a></p>
<p><b>Loss</b> Focus on what's been missed out on during lockdown.</p>	<ul style="list-style-type: none"> <li>• Encourage sharing of experiences</li> <li>• Acknowledge loss with empathy</li> <li>• Promote self-compassion</li> <li>• Active listening, with a focus on listening to understand rather than respond.</li> </ul>	<ul style="list-style-type: none"> <li>• What have you learnt during this period about you and your sport?</li> <li>• What things are the most important to you?</li> <li>• What things are not so important?</li> <li>• How can you carry any insights you have learned during lockdown forwards?</li> <li>• What do you want to change as a result of lockdown?</li> <li>• Make a list of things you are grateful for and add a new one each day.</li> </ul>	<p>Swim England building resilience video <a href="https://www.swimming.org/sport/resilience-personal-highlight-reel/">https://www.swimming.org/sport/resilience-personal-highlight-reel/</a></p> <p>Swim England video on process goals <a href="https://youtu.be/uKxtdANCvcQ">https://youtu.be/uKxtdANCvcQ</a></p>

<p><b>Fairness/unfairness</b> Focus on other people – what they have/don't have. Sense of injustice.</p>	<ul style="list-style-type: none"> <li>• Acknowledge and validate feelings</li> <li>• Show empathy</li> <li>• Explain that fair doesn't mean equal</li> <li>• Try not to reinforce injustices</li> <li>• Be a good role model</li> <li>• Be creative, seek solutions rather than problems.</li> </ul>	<ul style="list-style-type: none"> <li>• How have you managed situations that you have felt were unfair before?</li> <li>• Can you think about things you have had control over in lockdown?</li> <li>• How can you be a victor in this situation rather than a victim?</li> <li>• How do you think top athletes deal with a sense of injustice?</li> <li>• 'What one hopes for and what one gets is not always the same.' Discuss.</li> </ul>	<p>Swim England video on self-talk <a href="https://www.youtube.com/watch?v=xhRmx0k73XE&amp;t=11s">https://www.youtube.com/watch?v=xhRmx0k73XE&amp;t=11s</a></p> <p>Swim England video on applying psychological skills <a href="https://youtu.be/GPEdiH9wMxg">https://youtu.be/GPEdiH9wMxg</a></p> <p>Swim England building resilience video <a href="https://www.swimming.org/sport/resilience-personal-highlight-reel/">https://www.swimming.org/sport/resilience-personal-highlight-reel/</a></p> <p>Swim England video on taking ownership of success in and out of the pool <a href="https://www.swimming.org/sport/taking-ownership/">https://www.swimming.org/sport/taking-ownership/</a></p>
<p><b>Coping with uncertainty</b> Focus on status of pools opening/closing. Focus on uncertainty of club and coach status.</p>	<ul style="list-style-type: none"> <li>• Acknowledge and validate feelings</li> <li>• Show empathy</li> <li>• Promote self-compassion.</li> </ul>	<ul style="list-style-type: none"> <li>• In 60 seconds list as many things as you can that you are in control of during this time</li> <li>• In 60 seconds list as many things as you can that you can't control during this time</li> <li>• What things in the list that you cannot control, can you slightly <i>influence</i> to make things feel better and more productive</li> <li>• What have I learnt during this period about how I cope when being challenged?</li> </ul>	<p>Swim England video on coping with no events in 2020 <a href="https://www.youtube.com/watch?v=4qADCTmDuuM">https://www.youtube.com/watch?v=4qADCTmDuuM</a></p> <p>Swim England video on applying psychological skills <a href="https://youtu.be/GPEdiH9wMxg">https://youtu.be/GPEdiH9wMxg</a></p>
<p><b>Managing different circumstances</b> Sense of change. Sense of guilt (I am swimming, my friend can't). Mixed emotions.</p>	<ul style="list-style-type: none"> <li>• Practice self-care</li> <li>• Show empathy</li> <li>• Promoting purposeful action</li> <li>• Be creative, seek solutions rather than problems</li> <li>• Provide space to 'vent' and active listening.</li> </ul>	<ul style="list-style-type: none"> <li>• How do you feel when your return to pool experience is different to others?</li> <li>• How can you support others in different circumstances to you?</li> <li>• Who can help and support you if your circumstances are not what you want?</li> <li>• Name five things that you are grateful for at this moment in your life?</li> <li>• Describe a time in your life when you have had to learn to adapt, how easy or difficult was it and how did you cope?</li> <li>• What do you have in place for on-going support?</li> </ul>	<p>Swim England video on the skills and characteristics that make you the swimmer that you are <a href="https://www.swimming.org/sport/person-athlete-performer/">https://www.swimming.org/sport/person-athlete-performer/</a></p> <p>Swim England sport psychology support Q&amp;A <a href="https://www.youtube.com/watch?v=wS911Uyefjk">https://www.youtube.com/watch?v=wS911Uyefjk</a></p> <p>Swim England video on process goals <a href="https://youtu.be/uKxtdANCvcQ">https://youtu.be/uKxtdANCvcQ</a></p>