

Your Anti-Burnout Toolkit

Use this tool to recognize, manage, and beat burnout!



Signs and Symptoms

No universally accepted definition of burnout exists. However, it can be characterized as:

- + Physical and emotional exhaustion**
- + A reduced sense of accomplishment**
- + Sport devaluation - no longer caring about your sport**

If burnout is not addressed appropriately it can lead to:

- + Decreased engagement**
- + Decreased motivation**
- + Withdrawal from sport**
- + Performance decrements**
- + Possible reduction in quality of social relationships**

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Beat the Burnout!

Healthy habits and useful tips to help you beat and manage burnout.



HEALTHY HABITS



SLEEP

Get 8+ hours of sleep each night.



REST + RECOVER

Over exertion causes physical strain and can lead to injuries.



SET SMART GOALS

Be realistic in your goal setting and make it a goal to enjoy your sport.



FUEL FOR SUCCESS

Support optimal performance, rest and recovery with a proper diet.

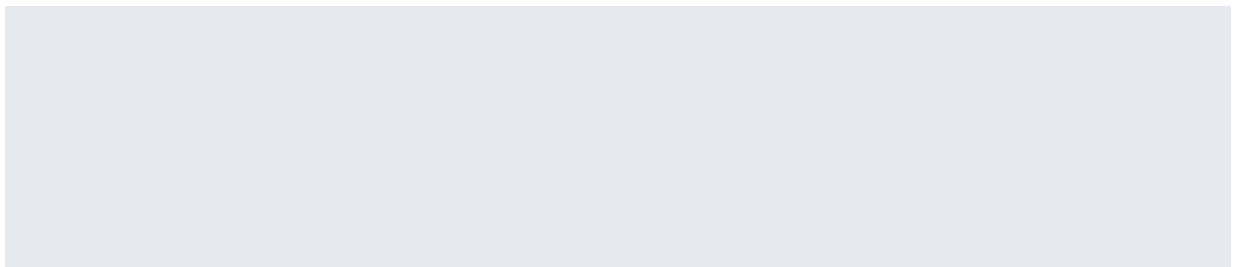
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STRATEGIES TO MAINTAIN HIGH PERFORMANCE

Preemptively putting strategies in place can help you build resilience and cope with stress. Here's your toolkit!

STRATEGY 1: POSITIVE SELF-TALK

Write down 3 positive self-talk phrases you can use when you're feeling stressed.



Remember to use the **Catch - Check - Change** framework to flip the script on your negative self-talk.



Catch

Be on the lookout for negative thoughts and language and call it out when you hear it.



Check

Analyze your self-talk. Is it real and rational?



Change

Turn your negative self-talk into a positive phrase.

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STRATEGY 2: FOCUS CUES



Create a verbal focus cue:

Remember to keep them short, positive, and personal.

Example: Next play!



Create a visual focus cue:

Remember that they should be easy to find and always present. *Example: Focus on a line on the court in tennis.*



Create a physical focus cue:

Remember that they should be short and simple movements that are easy to execute and remember.

Example: Tap the side of your leg.

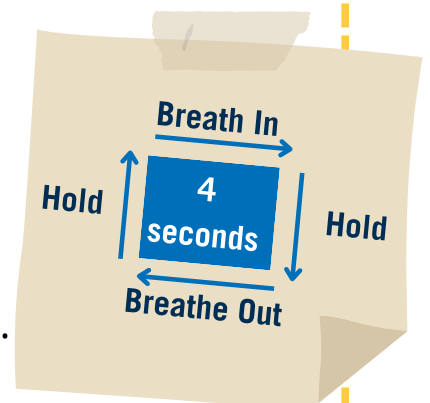
STRATEGY 3: BREATHING

Breathing exercises are really helpful for managing feelings of stress and anxiety in the moment.

Do this box breathing exercise:

- 1 Breathe in through your nose for four counts.
- 2 Hold for four counts.
- 3 Breathe out through your mouth for four counts.
- 4 What can I **learn** from this situation?

Repeat this three or four times, focusing only on your breathe.



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STRATEGY 4: TAKE A BREAK

Don't underestimate the power of taking a break and stepping away from stress.

Here are some ideas for your break:

- 1 Go for a walk
- 2 Make a cup of tea
- 3 Read a book
- 4 Listen to your favorite song
- 5 Prepare a snack



Don't be afraid to ask for help!

If you think stress is impacting your athlete beyond what you can help them manage, call in the help of a professional.

Additionally, encourage your athlete to express their need for help as well. Let them know that you, their coach, or a trusted adult are there to listen and support them in getting the help they need.