

Mentally Overcoming Injury

Use this guide to support your mental recovery so you can come back stronger after an injury.

Incorporate the four Ps into your recovery journey.

Positive Outlook



See your recovery as an opportunity to grow, not as a setback.

Present Focus



Focus on where you are right now instead of focusing on what you lost or fearing what lies ahead.

Process Driven



Recovery is a marathon, not a sprint. Focus on small steps you can take every day. Consistency builds confidence.

Progress Mindset



Remind yourself of how far you've come and celebrate the small wins.

P1: Positive Outlook

Develop a positive outlook by replacing “YES, BUT” with “YES, AND.”

If your teammate compliments your sprint time, replace “Yes, but I used to be faster” with “Yes, and I’m proud of how far I’ve come.”

Try it out

Write down one thought that’s been holding you back this week. Then, rewrite it as a “YES, AND” statement.

Example: “**Yes, I’m not back where I was yet, and every session gets me closer.**”

Mentally Overcoming Injury

Use this guide to support your mental recovery so you can come back stronger after an injury.

P2: Present Focus

Direct your focus to what’s important in the moment with the WIN acronym.
Ask: **What’s Important Now?**

Try it out Write your WIN for today. What’s one thing that will help you stay focused on the most important step you can take for your recovery today?

Examples:

- “Complete all my rehab exercises for today.”
- “Stay calm during therapy.”
- “Spend the day relaxing and prioritizing rest.”

P3: Process Driven

We all want results, but real progress comes from the small, daily actions you repeat.

Try it out Set one physical and one mental goal for your recovery this week. Make sure each goal is SMART (specific, measurable, attainable, relevant, and time-bound).

Examples:

- **Physical:** Complete all three rehab sessions this week with full effort.
- **Mental:** Take five deep breaths before each exercise to reset my focus.

At the end of the week, check off the one you stayed most consistent with.
That’s your process win!

Type	My Goal	Completed
Physical		☐
Mental		☐

Mentally Overcoming Injury

Use this guide to support your mental recovery so you can come back stronger after an injury.

P4: Progress Mindset

Progress is personal. It's about how far you've come, not how you compare to others. Reflection helps you see your growth and keeps building confidence week by week.

Try it out

At the end of each week, take a few minutes to check in with yourself:

1 What progress did I make, and what actions helped?

2 What was my attitude? Did I stay positive? What can I do differently next week?

3 What am I proud of? (Name at least one thing!)

4 Where was my focus? Was it on what's important now, or somewhere else?

5 How much effort did I put in?

Mentally Overcoming Injury

Use this guide to support your mental recovery so you can come back stronger after an injury.

Visualize your comeback

Step 1: Write Out Your Comeback Moment



Think about your first day back at training after an injury. In detail, describe what you want this moment to look like. Incorporate all of your senses:

- What do you see?
- What do you feel?
- What do you taste?
- What do you hear?
- What do you smell?

Step 2: Craft Your Anchor Phrase



Write out a short phrase that captures how you want to feel when you fully recover.

Examples:

- “I’m strong and ready.”
- “This is my moment.”



Place this phrase somewhere you’ll see it daily: on your mirror, your phone’s background, or the cover of your journal.

Step 3: Make it a habit



When you make visualization a habit, your imagery will become more vivid and easier to do. Spend a few minutes each day visualizing your comeback and putting in the mental reps when your body can’t.