

# Optimizing mental health and mental performance to thrive and achieve success in sport and academia

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CCMHS  
CANADIAN CENTRE FOR  
MENTAL HEALTH AND SPORT

CCSMS  
CENTRE CANADIEN DE LA  
SANTÉ MENTALE ET DU SPORT



uOttawa

Carleton University Psychology  
Mental Health Day 2022



# OBJECTIVES

**SOME OF THE CONTENT MAY BE SENSITIVE AND EVOKE A VARIETY OF FEELINGS. KNOW THAT THIS IS A SAFE SPACE AND WE ARE HERE TO SUPPORT YOU.**

- If you feel discomfort or distress at any point in time, you can step out and come back when you feel ready.
- You can reach out to me privately after the presentation at [director@ccmhs-ccsms.ca](mailto:director@ccmhs-ccsms.ca)
- You can confide in a trusted significant other or mental health team
- You can use the resources included in this presentation



24h mental health crisis line: [crisisline.ca](http://crisisline.ca) 1-866-996-0991



# KNOWLEDGE OF MH, MI, & MP

# 4 FACTS

Every year, 1 in 5 people suffer  
from a mental illness

Youth aged 15 to 24 years  
are most affected

By age 40, almost 50% of the  
population will have suffered  
from a mental illness

By age 18, 20% of youth  
experience depression



Go to [www.menti.com](http://www.menti.com) and use code 1682 2296



# MENTAL HEALTH DRILL



LOOKS LIKE



SOUNDS LIKE



FEELS LIKE



# MENTAL HEALTH

- Feel good & enjoy life
- Realize potential & abilities
- Cope with stress & adversity
- Learn & work well
- Contribute to community



# MENTAL ILLNESS

Health condition involving persistent changes in feeling, thinking, and behaving that lead to significant distress and impaired functioning



THOUGHTS



FEELINGS



BEHAVIOURS

2 Weeks or More



# MENTAL PERFORMANCE

Ability to use mental | self-regulation skills to manage thoughts, emotions, and behaviours to reach goals and adapt to changing environment

FEELINGS



ACTIONS



**FAST**

SENSATIONS



THOUGHTS



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- Goal-setting
- Confidence
- Motivation
- Commitment
- Mindfulness
- Resilience
- Positive thinking

FOUNDATIONAL

- Emotional control
- Relaxation
- Activation
- Stress management
- Recovery

PSYCHOSOMATIC

- Imagery
- Self-talk
- Attention control
- Planning
- Time management
- Self-monitoring
- Self-evaluation
- Adaptation

COGNITIVE

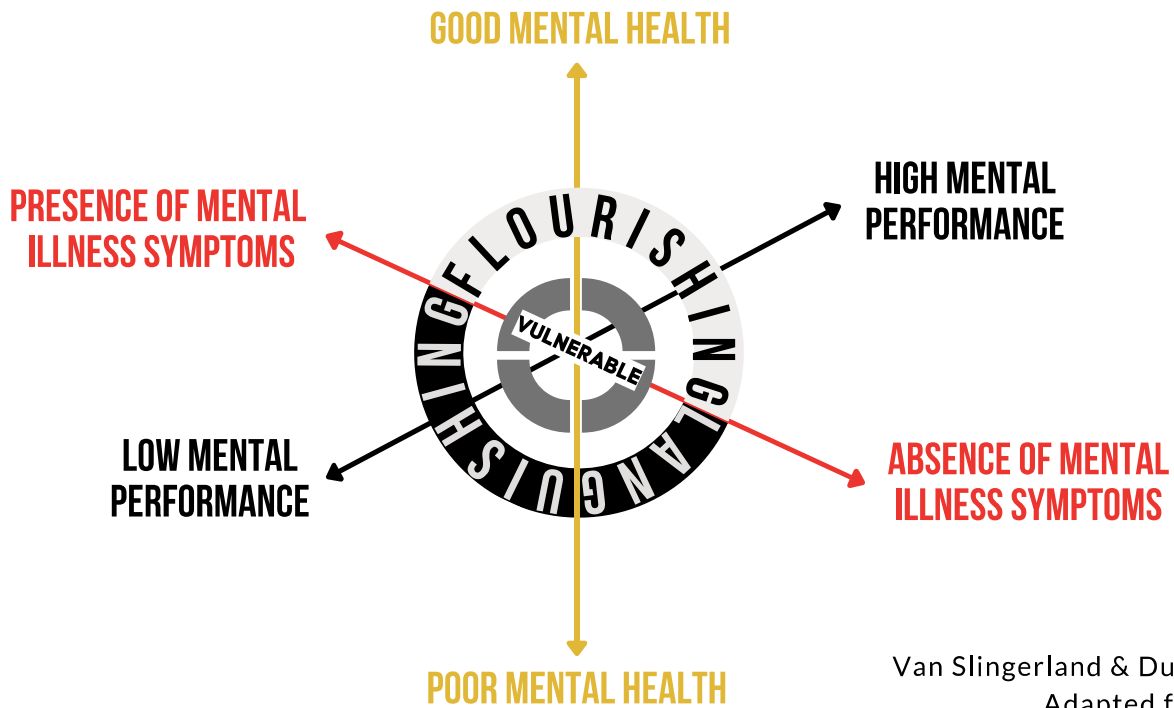
- Relationship building
- Communication
- Leadership
- Decision-making
- Conflict resolution

TEAM

Durand-Bush et al., 2001; Collins & Durand-Bush, 2019; Gould et al., 2002  
Hardy et al., 2010; MacNamara et al., 2010; Orlick 2016

# 3 DIMENSIONAL MODEL

MENTAL **HEALTH**  
MENTAL **ILLNESS**  
MENTAL **PERFORMANCE**



Van Slingerland & Durand-Bush, 2021  
Adapted from Keyes, 2002

# MAJOR LIFE STRESSORS

Death of a loved one

Marriage

Separation / Divorce

Injury / Illness

Poor housing conditions

Job loss / Unemployment

Career change

Childbirth

Poverty / Financial difficulties

Law offences

Retirement

Abuse / Violence / Conflict

Family history

Traumatic experience

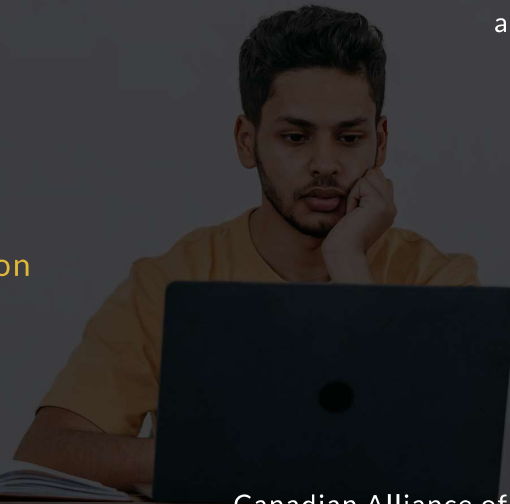


# ACADEMIC STRESSORS

## MOST CANADIAN POST-SECONDARY STUDENTS REPORT MENTAL HEALTH CHALLENGES DUE TO COVID-19 PANDEMIC

Living away from home  
Academic workload | Pressure  
Test anxiety  
Finances | Debt | Cost of living  
Relationships (family, romantic)  
Poor work-school-life balance  
Burnout  
Roommate negotiations & mediation  
Poor sleep habits  
Isolation | Lack of social support  
Discrimination  
Post graduate plans

Younger students, students with lower income, students identifying as 2SLGBTQ+, and those living with a pre-existing mental health concern are most at risk



Canadian Alliance of Student Associations, 2021  
El-Ghoroury et al., 2012;MHCC, 2022

# SPORT-SPECIFIC RISK FACTORS



**Overtraining**

**Lack of recovery**

**Type of sport**

**Unhealthy diet**

**Abuse | Maltreatment**

**Excessive pressure | Failure**

**Lack of financial support**

**Narrow self-concept | athletic identity**

**Toxic culture**

**Demanding [travelling] schedule**

**Substance abuse**

**Early specialization**

**Injuries**

**Transitions | Deselection | Retirement**



## MENTAL ILLNESS SYMPTOMS

Anxiety (72%)  
Depression (67%)  
Sleep (59%)  
ADHD (52%)  
Alcohol (39%)  
PTSD (26%)  
Burnout (25%)  
OCD (21%)  
Suicidal ideation (21%)  
Eating behaviours (9%)  
Self-harm (7%)  
Drugs (3%)

## MENTAL HEALTH

Flourishing (18 %)  
Vulnerable (55 %)  
Languishing (27 %)

## MENTAL PERFORMANCE

High (22 %)  
Moderate (64 %)  
Low (14 %)



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# PROMOTION, PREVENTION & RESPONSE STRATEGIES

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# MY ROLE

**How involved am I willing to be in promoting MH, preventing MI, and responding to distress?**

**How comfortable am I discussing topics & confronting challenges / issues as they arise?**

**How competent am I in seeking resources & making referrals?**

# MENTAL ILLNESS

## SIGNS & SYMPTOMS

Depressed mood/anxiety

Energy loss/fatigue

Pleasure loss

Psychomotor changes - agitation/slowness

Reduced cognition/concentration

Eating changes - appetite/weight

Excessive worry, fear, irritability, guilt, shame

Sleep changes - too much/little

Substance abuse

Isolation/poor relationships

Inability to carry out daily tasks

Ongoing aches and pain

Negative/self-harming/suicidal thoughts



## Emotional

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Experience more positive affect  
Cope with emotions  
Accept different types of feelings

## Physical

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Exercise regularly  
Eat & sleep well  
Have good hygiene

## Social

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Have positive relationships  
Make meaningful contributions  
Feel connected & valued

## Spiritual

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Have a sense of meaning  
Have direction if life  
Satisfied with oneself & life

## Psychological

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Feel competent & in charge  
Seek new experiences to grow  
Accept oneself with imperfections

# SIGNS OF MENTAL HEALTH



# RECOGNIZE & SUPPORT



EXPRESS CONCERN



ACTIVELY LISTEN



EMPATHIZE



KEEP IT CONFIDENTIAL



INSTILL HOPE



AVOID JUDGEMENT



REFER IF NECESSARY



FOLLOW UP

## DIFFICULT CONVERSATIONS TOP 10 DOs

1. Choose a private space and respect the rule of 2
2. Guarantee safety and confidentiality
3. Put the 'human' rather than performer first
4. Normalize and express concern for well-being
5. Give benefit of the doubt rather than judge
6. Listen with empathy and understanding
7. Communicate changes you have observed
8. Be specific and direct for clarity and security
9. Ask for level of safety and preferred type of support
10. Reassure, establish next steps and follow up



# CREATE A MENTAL HEALTH PLAN

## Key Components

1. When I am feeling well, you'll notice...
2. How to approach me to discuss MH...
3. Strategies I use to maintain my MH...
4. Strategies I use to cope with stress/pressure...
5. Important triggers that reduce my MH...
6. Warning signs that my MH has decreased...
7. What to do when you see warning signs...
8. What to disclose to others when I'm struggling...
9. What to do if I have symptoms of mental illness...
10. What to do in case of an emergency...

A black and white photograph of a person in a wheelchair on a track. The person is wearing a light-colored long-sleeved shirt and dark pants. The wheelchair is a standard three-wheeled model. The track has white lane markings. The overall mood is one of movement and independence.

# SELF-CARE



# SELF-CARE

**The practice of daily actions to preserve or improve one's health and well-being, and to prevent illness**

# CHECK IN WITH YOURSELF

Go to [www.menti.com](http://www.menti.com) and use code 1682 2296

## MENTAL HEALTH INDICATORS

<p>Normal mood, good sense of humour          Normal sleep patterns          High energy and physical health          High concentration and alertness          Consistent performance          High engagement          Normal social activity</p>	<p>Occasional anxiety, irritability or sadness          Sleep difficulties          Low energy, tension or headaches          Reduced concentration, intrusive thoughts          Inconsistent or reduced performance          Decreased engagement, procrastination          Reduced social activity</p>	<p>Persistent anxiety, anger or sadness          Sleep disturbances, nightmares          Persistent fatigue, aches or pains          Poor concentration, indecision          Poor performance          Presenteeism          Social avoidance</p>	<p>Excessive anxiety, anger or depressed mood          Significant sleep disturbances or oversleeping          Exhaustion, physical illness          No concentration, dark or suicidal thoughts          Inability to perform or complete normal tasks          Absenteeism          Isolation, withdrawal from loved ones</p>
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Triage



Set a ME goal



Move



Have a bite to eat



Reappraise a difficult situation



Check in



Share the load



See and say IT positively



Breathe



Take a break



Talk to an energy giver



Forgive

# SELF-CARE TIPS





# GENERAL RESOURCES

Mental Health Commission of Canada: [mentalhealthcommission.ca](http://mentalhealthcommission.ca)

Better Living Health and Community Services: [mybetterliving.ca](http://mybetterliving.ca)

Centre for Addition and Mental Health: [www.camh.ca](http://www.camh.ca)

Good2Talk: [good2talk.ca](http://good2talk.ca)

E-mental health: [ementalhealth.ca](http://ementalhealth.ca)

Mental Health First Aid: [www.mhfa.ca/](http://www.mhfa.ca/)

SafeTalk: [livingworks.net/programs/safetalk](http://livingworks.net/programs/safetalk)

ASSIST (suicide prevention training): [livingworks.net/programs/assist](http://livingworks.net/programs/assist)

24h mental health crisis line: [crisisline.ca](http://crisisline.ca) 1-866-996-0991

24h Morneau Shepell hotline: 1-844-240-2990

BounceBack: [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

Women's Issues: 1-416-314-0300 (sexual and domestic violence)

Indigenous Hope for Wellness helpline: 1-855-242-3310



# SPORT RESOURCES

CCMHS | [ccmhs-ccsms.ca](https://ccmhs-ccsms.ca)

Game Plan | [mygameplan.ca](https://mygameplan.ca)

Canadian Sport Helpline | [abuse-free-sport.ca/en](https://abuse-free-sport.ca/en)

SAMHI | [www.samhi.ca](https://www.samhi.ca)

Bodysense | [bodysense.ca](https://bodysense.ca)

Headstrong | [sirc.ca/concussion](https://sirc.ca/concussion)

USports | [USports\\_mentalHealthDoc\\_2020\\_digital\\_proof\\_V02.pdf](#)

# MENTAL HEALTH STRATEGY FOR HIGH PERFORMANCE SPORT IN CANADA



# NATIONAL STRATEGY



# APPS

Headspace | breathing, relaxation, focus

Be Game Ready | planning, self-reflection, mood tracker, stress, coping

Healthy Minds | problem solving, mood tracker, journaling, coping

Thoughtful | self-awareness, balance, resilience, stress

Smiling Minds | mindfulness, relaxation, meditation

Calm | mindfulness, relaxation, meditation

SAM | self-help for anxiety management

Oak | mindfulness

Sleep Cycle | sleep monitoring, journaling

Bloom | self-guided Cognitive Behavioural Therapy

Womaze | self-care, mental health, personal growth

AbilitiCBT | internet-based Cognitive Behavioural Therapy



**CCMHS**  
CANADIAN CENTRE FOR  
MENTAL HEALTH AND SPORT

### **WHO WE ARE**

We are a one-of-a-kind team offering specialized mental health care services to Canadian competitive and high-performance athletes, coaches, and staff.

### **WHO WE SERVE**

We support the sport community by creating long-lasting relationships that foster health and wellness.

### **WHAT WE BELIEVE**

We believe individuals can learn and succeed in life with and without mental health challenges and conditions.



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