

THE INJURED ATHLETE



mental skills for athletes
returning to play after an injury

JOURNALING

When you make journaling a part of your daily routine you are able to unlock additional habits you need to perform at your best. Journaling is especially important when you are injured because you can move external thoughts and processes to an internal process

ESTABLISHING A ROUTINE

Athletes thrive on a schedule. When you are injured your normal routine is disrupted. Find a schedule that includes waking up, going to bed and eating meals at the same time each day as well as connecting with teammates and getting in your PT.

CLARIFYING VALUES

Your values are the operating system of WHY you do what you do. When you know your values, you live to them every day whether you are training or not. If you don't know your values, you are at the mercy of the culture or people around you.

CLARIFYING IDENTITY

Your identity as an athlete is not the same thing as your value as an athlete. The identity is what you do, your values are who you are. Don't confuse the two. Identity is external, values are internal.

VISUALIZATION

While you cannot replace all reps with visual reps only, you can fine tune your mindset process and get some big performance gains with daily visualization practice. Rehearse a skill, a big moment or a game winning shot with as much detail as possible and you are on your way.

GRATITUDE

Gratitude may sound like a soft skill, but it's a hard hitting skill that packs a punch. Just by writing down three things you are thankful for each day, you reduce stress and anxiety levels, increase productivity, improve mental and physical health and may even improve your sleep - which is vital when rehabbing an injury.

THE UPSIDE OF INJURY

To play the sport you love, there is some risk of injury. While there is never an ideal time to sustain an injury, you can use this time to grow your mental game and develop resilience and fortitude - on and off the field. You won't be the same athlete as you were before, but you could be stronger, grittier and tougher as a result.