

Empowering Your Resilience



Preamble

The following psychological resource for participants and athletes, has been developed by sport psychologist Fiona McCarthy on behalf of the NSW Office of Sport, as a key initiative of the NSW Government's Future Champions strategy.

For more information on Future Champions, please visit www.sport.nsw.gov.au/pathways-and-development

Getting to know the author

Fiona McCarthy is a registered psychologist, specialising in sport psychology and is a member of the Australian Psychological Society and the Australian College of Sport and Exercise Psychologists. Fiona owns and operates Mind and Body Balance, a business she established 25 years ago.

Fiona is the Hunter Academy of Sport, Sport Psychology Consultant and a New South Wales Institute of Sport, Sport Psychology Service Provider. Over the last twenty-

five years, Fiona has assisted many teams, athletes, parents and coaches in the areas of confidence, concentration, handling pressure, motivation, goal setting, time management, performance preparation and general well-being. Fiona has worked with numerous sports, assisting recreational level athletes to professional, international, Olympic and Paralympic level athletes, reach their full potential.



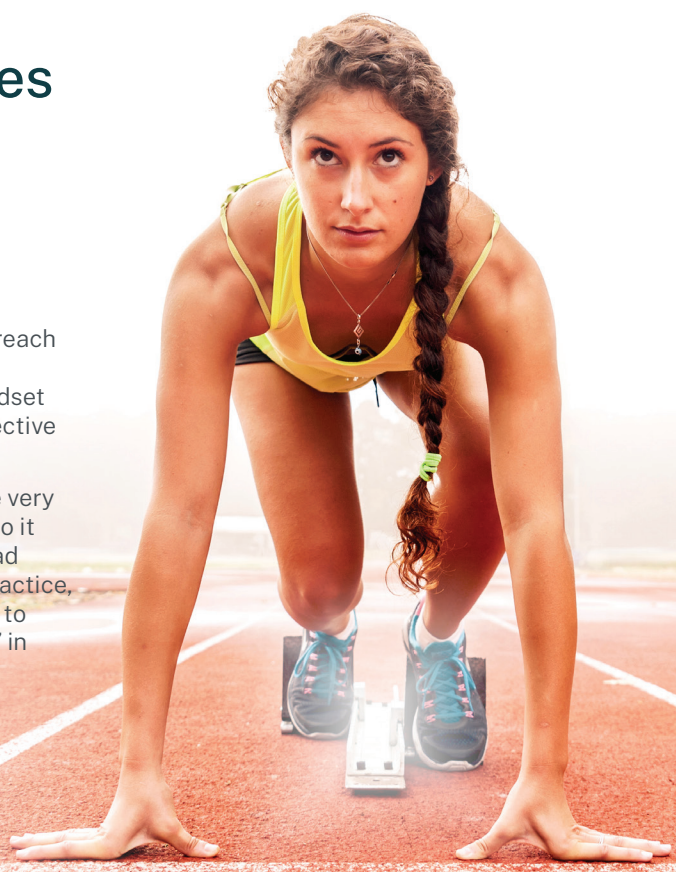
Background to these resources

The importance of having a mental 'tool kit' to support your learning, performance and engagement on and off the sporting field.

The following resources have been developed by Fiona McCarthy to assist athletes at all levels, in understanding the importance of having a suite of mental 'tools' at their disposal. These 'tools' are practical and multidimensional and will help athletes learn and develop the necessary mental skills they require to help them navigate their way through their sporting journey with a positive mindset and achieve success on and off the field.

It is well recognised that to reach the pinnacle within sport, an athlete needs a superior mindset consisting of strong and effective mental skills and strategies.

Importantly, mental skills are very intertwined and integrated, so it is recommended that you read about and put into regular practice, a number of these resources to strengthen the 'mental tools' in your kit bag!



Empowering Your Resilience

A key ingredient to being resilient is self-compassion, being kind to yourself. Our actions, thoughts and feelings all contribute to how resilient we are or can be.

Self-talk is a big component in being resilient. We should aim for our self-talk to be positive and encouraging. Think about how you would help and talk to your best friend who is struggling to get 'back on their feet'. As they are trying to bounce back and be resilient, you are their pillar of strength with your positive perspective, supportive and encouraging words.

This positive framework is of tremendous benefit to helping them become resilient. You need to learn from situations like this and be your very own best

friend. In other words when your resilience may be tested when you under perform at a major competition, you need to support yourself with positive self-talk and encouragement just as you would your best friend.

It is also valuable to share your feelings, and thoughts with members of your **support network** when you are experiencing challenging times. A problem shared is a problem halved.

Talking with people you trust can help in many ways, some of which may include getting a different

perspective on things, they may be able to share their stories which can help you feel less alone.

Positive and negative feelings, thoughts and behaviours are normal aspects of life, we all go through these at some stage.

Learning how to address them and manage them is part of building your resilience.

Now if you couple that with **self-care** and self-compassion (e.g., positive self-talk) it may be easier to move forward and be better prepared /equipped for the next time a situation requires you to be resilient.



We hope you liked our tips

Have FUN building your psychological skills and strategies and put them into practice in and out of sport!

Remember importantly, if you are unsure of any of these tips or require further advice, please talk to your Coach, Parent or consult a Sport Psychologist.

You might like to check out our NEW animated YouTube video, Developing your mental 'tool kit' to support you in and out of sport featured within the NSW Office of Sport's Pathways and Development webpages @ <https://www.sport.nsw.gov.au/pathways-and-development>.

Check out more tips for Participants @ <https://www.sport.nsw.gov.au/pathways-and-development/social-and-recreational-sport-participants>

And our tips for Emerging and High-Performance Athletes @ <https://www.sport.nsw.gov.au/pathways-and-development/emerging-athletes>



**Future Champions -
Developing your
mental 'tool kit' to
support you in and out
of sport.**

Formal permission is required from the NSW Office of Sport to reproduce any of the information within this resource. Formal permission should be directed to the Office of Sport, 6B Figtree Drive, Sydney Olympic Park. You are required to acknowledge that the material is provided by this document or the owner of the copyright. © State of NSW 2023