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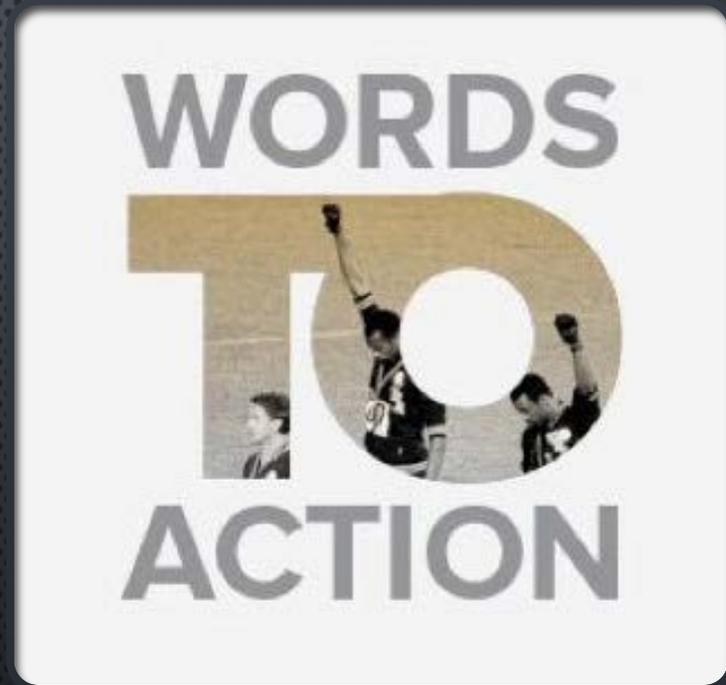


SPORT CONVERSATIONS FOR CHANGE

INSTITUTE FOR THE STUDY OF SPORT SOCIETY AND
SOCIAL CHANGE

SAN JOSÉ STATE UNIVERSITY – SAN JOSÉ, CALIFORNIA

APRIL 9, 2020





- IN JANUARY 2017, SJSU LAUNCHED THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE.
- SAN JOSE STATE OCCUPIES A UNIQUE NICHE IN THE HISTORY OF SPORT AND SOCIAL CHANGE—BECAUSE OF ITS PEOPLE. THE UNIVERSITY IS THE BIRTHPLACE OF THE OLYMPIC PROJECT FOR HUMAN RIGHTS (OPHR), A MOVEMENT LED BY HARRY EDWARDS THAT CULMINATED IN THE ICONIC PROTEST OF OLYMPIC MEDALISTS TOMMIE SMITH AND JOHN CARLOS.
- THE LEGACY OF EQUITY AND SOCIAL JUSTICE IS A PART OF SJSU'S DNA. THE UNIVERSITY WAS FOUNDED ON EDUCATION FOR ALL AND PROVIDING A VOICE FOR THOSE WHO MAY OTHERWISE REMAIN SILENT. THE ISSSSC HONORS THIS LEGACY AND CONTINUES THE DIALOGUE ABOUT ATHLETE ACTIVISM AND THE INFLUENCE OF SPORT IN EFFECTING POSITIVE SOCIAL CHANGE.
- AS OUR NATION CONFRONTS AND EXPLORES DEEPLY COMPLEX SOCIAL ISSUES, IT IS CRITICAL THAT WE CONTINUE TO CHALLENGE THE BOUNDARIES OF SPORT AND ACTIVISM. SPORT OFFERS THE OCCASION TO POSE BIG QUESTIONS, NOT JUST OF ATHLETES, BUT ALSO OF OURSELVES AND PROVIDE ENLIGHTENED PERSPECTIVES.

THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE IS DEDICATED TO RESEARCH, ANALYSIS AND EDUCATION AT THE INTERSECTION OF SPORT AND SOCIETY.



“2021” OLYMPIC GAMES: ATHLETES, COMPETITION, AND MENTAL HEALTH & COPING IN THE AGE OF COVID-19



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Dr. Luke Patrick, Panelist

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OLYMPIC GAMES

[HTTPS://WWW.OLYMPIC.ORG/OLYMPIC-GAMES](https://www.olympic.org/olympic-games)

JULES BOYKOFF, PACIFIC UNIVERSITY, ISSSSC FACULTY AFFILIATE

- “CANCEL. THE OLYMPICS.” *NEW YORK TIMES*, (18 MARCH 2020): [HTTPS://WWW.NYTIMES.COM/2020/03/18/OPINION/TOKYO-OLYMPICS-CORONAVIRUS.HTML](https://www.nytimes.com/2020/03/18/opinion/tokyo-olympics-coronavirus.html)
- “CORONAVIRUS POSTPONED THE 2020 TOKYO GAMES. BUT THE OLYMPIC SYSTEM IS STILL SICK,” *NBC NEWS THINK* (25 MARCH 2020): [HTTPS://WWW.NBCNEWS.COM/THINK/OPINION/CORONAVIRUS-POSTPONED-2020-TOKYO-GAMES-OLYMPIC-SYSTEM-STILL-SICK-NCNA1168821](https://www.nbcnews.com/think/opinion/coronavirus-postponed-2020-tokyo-games-olympic-system-still-sick-ncna1168821)
- ARTICLES WRITTEN WITH DAVE ZIRIN FOR *THE NATION*: [HTTPS://WWW.THENATION.COM/AUTHORS/JULES-BOYKOFF/](https://www.thenation.com/authors/jules-boykoff/)



2021 OLYMPICS

- IMPACT OF 2020 OLYMPIC GAMES POSTPONEMENT TO 2021
- MESSAGING FROM IOC, NOCs (E.G., USOC, GOC) AND RESPECTIVE TEAMS (BASKETBALL, SOCCER, TRACK AND FIELD), LEAGUES (NBA) AND NCAA COLLEGES
- RECOMMENDED STRATEGIES TO COPE WITH MENTAL HEALTH IN (A) THE PRESENT AND (B) OVER THE NEXT 16 MONTHS

The screenshot shows the Tokyo 2020 Olympic Games website. At the top, there is a navigation bar with the Tokyo 2020 logo, the text "TOKYO 2020", and a language selector set to "EN". Below the navigation bar, there are links for HOME, NEWS, TORCH RELAY, SCHEDULE, VIDEOS, SPORTS, EVENTS, CEREMONIES, SPECTATORS, and TICKETS. The main content area features a large image of the Tokyo skyline with the Olympic rings in the foreground. Below the image, the text reads "GENERAL Olympic Games postponed to 2021" with a date of "24 MAR 2020". A secondary navigation bar includes links for OLYMPIC GAMES, SPORTS, ATHLETES, TEAMS/NOC, RESULTS, PHOTOS, VIDEOS, NEWS, ABOUT, and MUSEUM. A blue "NEWS" banner is visible. The article title is "ATHLETES REACT TO POSTPONEMENT OF TOKYO OLYMPIC GAMES". Below the title is a video thumbnail showing a man in a white and black tracksuit crouching on a red and yellow mat with the Olympic rings logo. The video title is "Tokyo 2020 Olympics officially postponed until 2021". The video is credited to Kelly Cohen for ESPN and dated Mar 24, 2020. A quote from the video reads: "Never before had the Olympic Games been postponed or canceled for something other than war, but rarely has the world come to a grinding halt the way it has over the novel coronavirus." The video is credited to GETTY IMAGES.

USATF Sport Psychology Subcommittee
Questions, Recommendations, and Resources During COVID19 Pandemic
Prepared by Certified Mental Performance Consultants [Dr. Anne Sholly](#), [Dr. Chris Stanley](#), and [Dr. Lenae Wate](#)

We will talk through the questions below and expand on resources and recommendations in our Webinar

1. What's the best way to respond to all that has transpired in the last two weeks?

We all process events in our own individual way. The way individuals display their emotions and voices during this time will vary. Our advice is to focus on what you can control and release what is out of your control. Embrace the current situation, the chaos that it presents, and the lessons that it can teach you about yourself, your support crew, and your approach to the sport.

2. How do you talk with your coach or others about what you are feeling and how do you create a plan moving forward?

Open up the lines of communication with your coach and support staff about how you're feeling. This is uncharted territory for many of us, and there is no book on how to deal with a global pandemic in an Olympic year. Let your coach know how you're feel and adjust your training accordingly. For many, the stress of the situation combined with the stress of training may feel overwhelming and it is important to adjust training and stay healthy.

3. How do you deal with short term fluctuations in motivation and the unknown day-to-day?

Maintaining routines, daily goals, and to-dos can help us all deal with the icky feeling of a less rigid time schedule. Focus on what you can do today. Set a schedule each day and find time for your workout, at-home physical therapy, cooking, reading, connecting with teammates and coaches over video calls, and improving your sleep hygiene.

4. How to you manage the longer-term fears and anxieties about future competitions?

Stay present and focus on short-term, process-oriented goals. Have you wanted to dive into some mindfulness exercises? Or become a student of a mental skills program? Ask for resource suggestions from USATF Sport Psychology Professionals regarding relaxation techniques or other coping mechanisms. And remember, a change in competition dates doesn't take away your talent, ability or work ethic: you are still the same athlete today as you were last week.

5. How do you deal with the extra downtime and being home, sometimes isolated and inside?

Is there something that you have really wanted to work on or master, but have never had the time? Time is such a valuable resource that can feel so sparse in the thick of a busy track and field season. Pick a few areas where you'd like to see progress or make gains and commit time each day to improving. Engage in activities that give you energy!

Resources

- [Tips from the Association for Applied Sport Psychology](#)
- [American Psychological Association Resource Page](#)
 - o [Seven crucial research findings that can help people deal with COVID-19](#)
- [USATF information page](#)
- [Podcast: Laughter Permitted](#)
- [Mindfulness Basics from Apps: Stop, Breathe, & Think or Calm](#)

USATF SPORT PSYCHOLOGY SUBCOMMITTEE

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QUESTIONS, RECOMMENDATIONS, AND RESOURCES DURING COVID19 PANDEMIC

PREPARED BY CERTIFIED MENTAL PERFORMANCE CONSULTANTS DR. ANNE SHADLE, DR. CHRIS STANLEY, AND DR. LENNIE



SEVEN TIPS FOR COPING AND BUILDING MENTAL RESILIENCE DURING COVID-19

- **LUKE PATRICK, PhD, BCB**
 - **LICENSED COUNSELING AND SPORT PSYCHOLOGIST**
 - **WILDWOOD PSYCHIATRIC RESOURCE CENTER, P.C.**

Luke Patrick, PhD, BCB

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SEVEN TIPS FOR COPING AND BUILDING MENTAL RESILIENCE DURING COVID-19

Maintain a regular routine

You don't need to have every single hour scheduled, but give yourself anchor points of activity each day. This can include wake-up time, meal time, workouts, meditation, check-in with friends and family, and bedtime. Netflix and social media can be part of a healthy day too, but be intentional about when and how long you use them.

Be thoughtful about how you consume and handle media

It's good to stay informed about spread of the virus and the societal and political ramifications. But be thoughtful about where you receive your information and how much time you spend ingesting the news. Also consider how you communicate your experience on social media. This is a global event and different people are experiencing it in very different ways.

Pay attention to your emotional status

Just as people's experiences vary, so do emotions around the circumstances. Uncertain times often produce fear and worry, but there can also be other feelings like irritability, anger, disappointment, and grief. Also, you might feel positive emotions like relief at being safe and healthy, and gratitude for the chance to rest, reconnect, and focus on other aspects of your life. It can be helpful to talk with trusted friends or family about your emotions, to write about them in a personal journal, or to process them with a mental wellness professional.

Don't let physical distancing lead to social disconnection

This can be an opportunity to foster healthy connection with family, friends, and teammates. Check in via text, video chat, etc. At the same time, you may need to take planned breaks from people in your household (and they from you!). Likewise, it's important to keep healthy boundaries with extended family or others who may detract from your progress and wellbeing.

Recognize your skill set as an athlete, and how it applies now

Although the COVID-19 event is unprecedented, your experience in sports gives you capacity for perseverance, patience, thinking on your feet, teamwork, goal setting strategies, and mental flexibility. Trust yourself to make use of those skills in this new situation.

Use this time as an opportunity to explore complementary aspects of your identity

This can be an excellent time to explore reading, cooking, business ventures, spirituality, and other interests that take a back seat during the course of a busy season. Of course you need to maintain your physical conditioning through this time, but get in touch with aspects of your identity beyond the athlete role.

Develop your mental approach to your sport

This is also a great opportunity to hone performance skills like mental imagery, positive self-talk, meditation, mistake rituals, body language, and centering techniques. That's where a sport psychologist or mental performance consultant can help! For some coaching and guidance, contact me via phone or email (above)!

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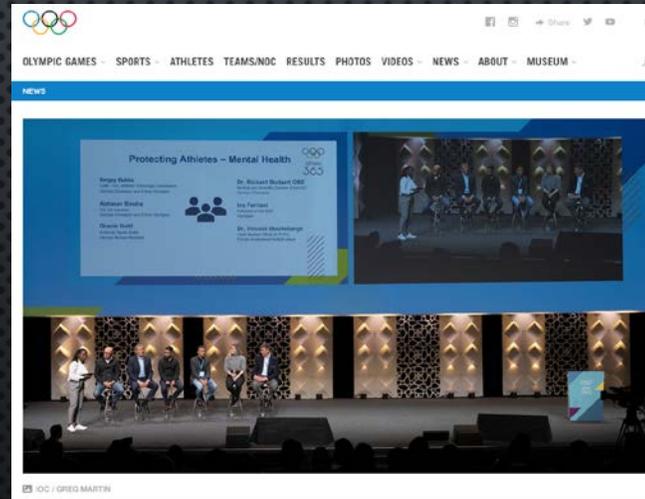
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INTERNATIONAL OLYMPIC COMMITTEE

ATHLETE 365

- CORONA ADVICE FOR ATHLETES
 - [HTTPS://WWW.OLYMPIC.ORG/ATHLETE365/](https://www.olympic.org/athlete365/)
- PROTECTING ATHLETES – MENTAL HEALTH
 - [HTTPS://WWW.OLYMPIC.ORG/NEWS/CONSENSUS-PAPER-ON-MENTAL-HEALTH-PUBLISHED-BY-THE-IOC-MEDICAL-AND-SCIENTIFIC-COMMISSION](https://www.olympic.org/news/consensus-paper-on-mental-health-published-by-the-IOC-medical-and-scientific-commission)
- EXPERT GUIDE TO STAYING #MENTALLYFIT:
 - [HTTPS://WWW.OLYMPIC.ORG/ATHLETE365/WELL-BEING/MIND-MATTERS-WAYS-TO-LOOK-AFTER-YOUR-MENTAL-HEALTH/](https://www.olympic.org/athlete365/well-being/mind-matters-ways-to-look-after-your-mental-health/)



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With its historic commitment to social justice and its unique history as the birthplace of the Olympic Project for Human Rights, SJSU continues to contribute to the national dialogue social issues through the lens of sport. SJSU's Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education focused on the intersection of sport and society. As we develop compelling programming, meaningful research, and impactful curriculum on sport and social issues, we need your support. Join us in sustaining this work by making a gift to the Institute to sustain and expand our work.

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