

Deep Breaths Counseling
& Mental Performance

Supporting Players, Coaches & Caregivers in Burnout Prevention

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The prez's Intentions

Help You identify signs of Burnout

Offer Tailored Strategies for Burnout Prevention (athletes, coaches, caregivers)

Offer suggestions on how Organizational Systems can Support an Athlete with Burnout

Engage in dialogue about barriers and facilitators in burnout prevention; explore current attitudes and beliefs about the topic

Demonstrate a Burnout Action Plan

Provide Assessment, template, and resources

Invite feedback and answer questions



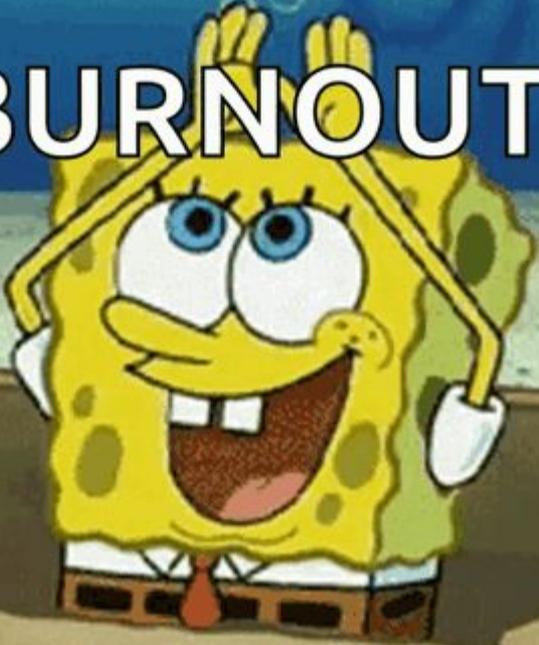
MEET KATIE T



- Licensed psychotherapist (RI and CT)
 - Trauma informed; ED trained; anxiety; depression; relationships; athletic counseling; women's health; sexuality; addiction informed
- Certified Mental Performance Consultant
 - National license to work with athletes and teams in various settings to enhance mental skills and performance
- Exerciser
 - Gymnast; runner; wannabe Yogi
- Chocoholic



BURNOUT



THE SIGNS

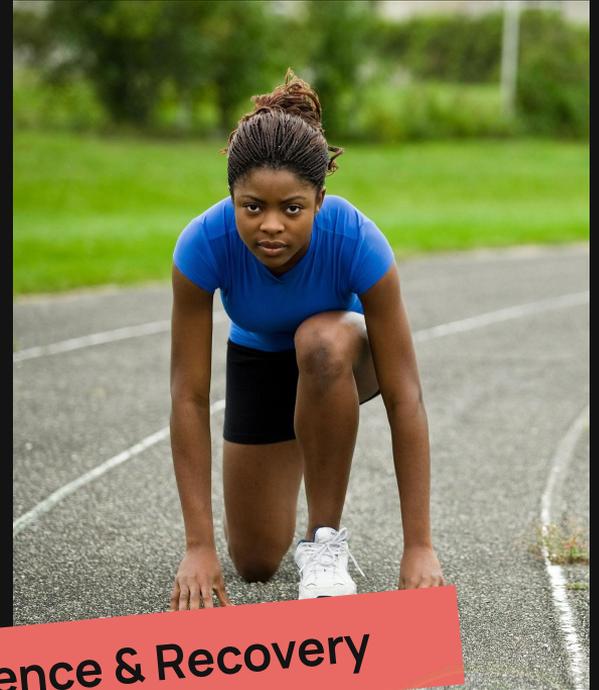
- Physical: Chronic fatigue, persistent soreness, frequent illness, changes in appetite, disturbed sleep.
- Emotional/Mental: Decreased motivation, mood swings, increased cynicism, irritability, feeling overwhelmed, reduced interest in the sport. Intense adhered to perfectionism
- Performance: Consistently poor performance, feeling "stuck" or "trapped"; 'yips'

FOR ATHLETES

Structured Recovery: Follow a training plan that includes 1-2 days off per week and 2-3 non consecutive months off from the primary sport per year.

Sleep & Nutrition: Prioritize 7-9 hours of sleep nightly for mental resilience and physical recovery.

Listen to the Body: Train hard, but recover intentionally (e.g., yoga, stretching, light movement).



Resilience & Recovery



FOR ATHLETES, CON'D

EXPAND SELF

Develop Other Identities: Encourage hobbies, music, art, volunteering, or social activities outside of the sport

PLAY FOR THE WHY

Reflect on the personal reasons for playing to maintain intrinsic motivation

A&C

Accept & Commit that this distress occurs, can be managed, and can be an opportunity for reclaiming Self and Autonomy in different ways



FOR COACHES & SPORT STAKEHOLDERS

Reverse and Support



BALANCE TRAINING LOADS

Adjust workout intensity and length, focusing on quality over quantity. Use tools like heart-rate monitoring to prevent overtraining.

NORMALIZE MENTAL HEALTH

Encourage open conversations about stress and pressure without judgment. Give access to resources without repercussion or judgement

BUILD A SUPPORTIVE ENVIRO

Integrate team building and self care activities that are not sport specific; take some back for yourself too!

FOSTER AUTONOMY

Allow athletes to have input in their training goals & schedules to increase investment and decrease the feeling of being "controlled".

FOCUS ON THE PROCESS...

...not the Outcome;

Emphasize effort and learning rather than just winning.



FOR CAREGIVERS

CONNECT

As/where appropriate, connect with needed stakeholders and the athlete's support team

Connect with professionals or medical providers as necessary if there are compounding health related care coordination needs

SEEK SUPPORT

Connect with the Organization's leaders

Outside Helpers

Be Adaptable and Open to Psychoed

Take care of your Headspace



BE CURIOUS

Lean in with compassion and curiosity about your athlete's struggles

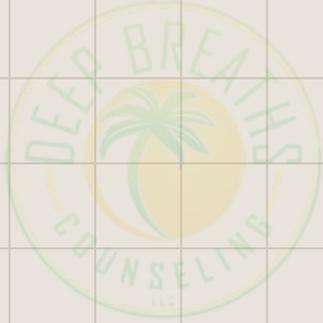
This will help them feel less judged, pressured, or guilty; and help you stay calm and prioritizing your athlete's overall wellbeing

BE CONSISTENT

Practice and model discipline and continuity of care for your athlete

Stay aligned with the Burnout Prevention or Recovery Plan and stick to it, despite it's challenges!

HOW ORGANIZATIONS CAN TAKE ACTION



The 42% Rule: Encourage athletes to dedicate roughly 42% of their time to rest, recovery, and non-sport activities.

Age-Appropriate Training: Limit training hours per week to match the youth's age (e.g., 10-year-old trains max 10 hours).

End-of-Season Break: Mandate a complete break from competitive training for 4-12 weeks after a season to recover from burnout symptoms.

"No-Contact" Periods: Schedule times where coaches do not send messages, and athletes are encouraged to disconnect.

Keep updated institutional policies accessible to stakeholders and engage in continuing education on athlete wellness

OPEN DISCUSSION- BARRIERS & FACILITATORS to addressing burnout

Protective Factors

- I.e. Faith
- I.e. Sunday Team Dinnes
-
-
-
-

B1

Finances

B2

Pride/ego

B3

F1

Organizational Support

F2

Strong Executive Functioning
Skills

F3



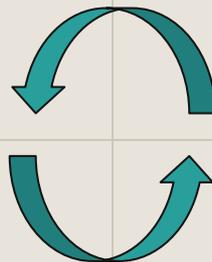
shoot, we crashed out... BURNOUT ACTION PLAN

Immediate rest

Cease or remarkably moderate training and competing for a set period, with plans to re-assess.
>4 weeks

Low intensity activity

Permit light, enjoyable cross-training or movement—swimming, hiking, walking, dancing, yoga/stretching



professional/inst. support

As available (emotional, financial, accessibility resources) connect with Outside Help

Review how the Org supports athletes and families

Review how/if School Accommodations are needed too

Strategic re-entry

Gradually increase duration before increasing intensity

Reflect on barriers/facilitators to these steps

Stress and Burnout Action Plan

My personal sources of stress:

- 1.
- 2.
- 3.

Three things I need to delete from my life:

- 1.
- 2.
- 3.

Three things I need to add to my life:

- 1.
- 2.
- 3.

Three changes I can make immediately:

- 1.
- 2.
- 3.

Appendix Final Athlete Burnout Questionnaire

Item #	Subscale	Item Text
1	RA	I'm accomplishing many worthwhile things in [<i>sport</i>]
2	E	I feel so tired from my training that I have trouble finding energy to do other things
3	D	The effort I spend in [<i>sport</i>] would be better spent doing other things
4	E	I feel overly tired from my [<i>sport</i>] participation
5	RA	I am not achieving much in [<i>sport</i>]
6	D	I don't care as much about my [<i>sport</i>] performance as I used to
7	RA	I am not performing up to my ability in [<i>sport</i>]
8	E	I feel "wiped out" from [<i>sport</i>]
9	D	I'm not into [<i>sport</i>] like I used to be
10	E	I feel physically worn out from [<i>sport</i>]
11	D	I feel less concerned about being successful in [<i>sport</i>] than I used to
12	E	I am exhausted by the mental and physical demands of [<i>sport</i>]
13	RA	It seems that no matter what I do, I don't perform as well as I should
14	RA	I feel successful at [<i>sport</i>]
15	D	I have negative feelings toward [<i>sport</i>]

Note: Response set is a 5-point Likert scale of (1) "almost never," (2) "rarely," (3) "sometimes," (4) "frequently," (5) "almost always." Items 1 and 14 are reverse-scored. RA = reduced sense of accomplishment, E = emotional/physical exhaustion, D = devaluation.

RESOURCES

1. MH

DBC; Insurance company; [Psychologytoday.com](https://www.psychologytoday.com);
[appliedsportpsych.org](https://www.appliedsportpsych.org)

988 or 911 for Mental Health Emergencies

2. SCALES

Athlete Burnout Questionnaire
Raedeke, T. D., & Smith, A. L. (2001). *Athlete Burnout Questionnaire (ABQ)* [Database record]. APA PsycTests.
<https://doi.org/10.1037/t00804-000>

3. EDUCATION & GUIDANCE

Please review your organization's policies and procedures; review their available education and resources

**Whatcha
think?**

Questions?

Comments?

Feedback?

**THANK
YOU!**



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