

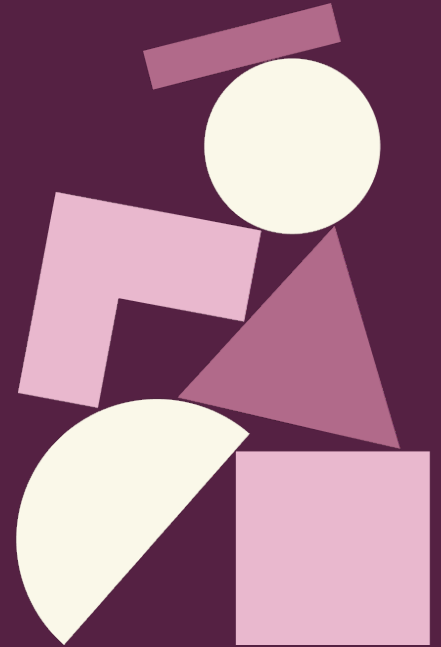
Mind Over Matter

Incorporating Mental Toughness During the Rehabilitation Journey

Creating Mentally Tough and Mental Resilient Athletes



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MGCP, MSPE



Disclosures

I have no disclosures.

Learning Objectives

Describe mental challenges post injury of athletes

Discuss myths of mental toughness and mental resilience

Use integration and coaching of Mental Toughness techniques during rehabilitation

Agenda

1 Who, What, Why

2 Sherpa

3 Mental Challenges During Return to Play

4 Mental Toughness as a Framework

5 Sisu

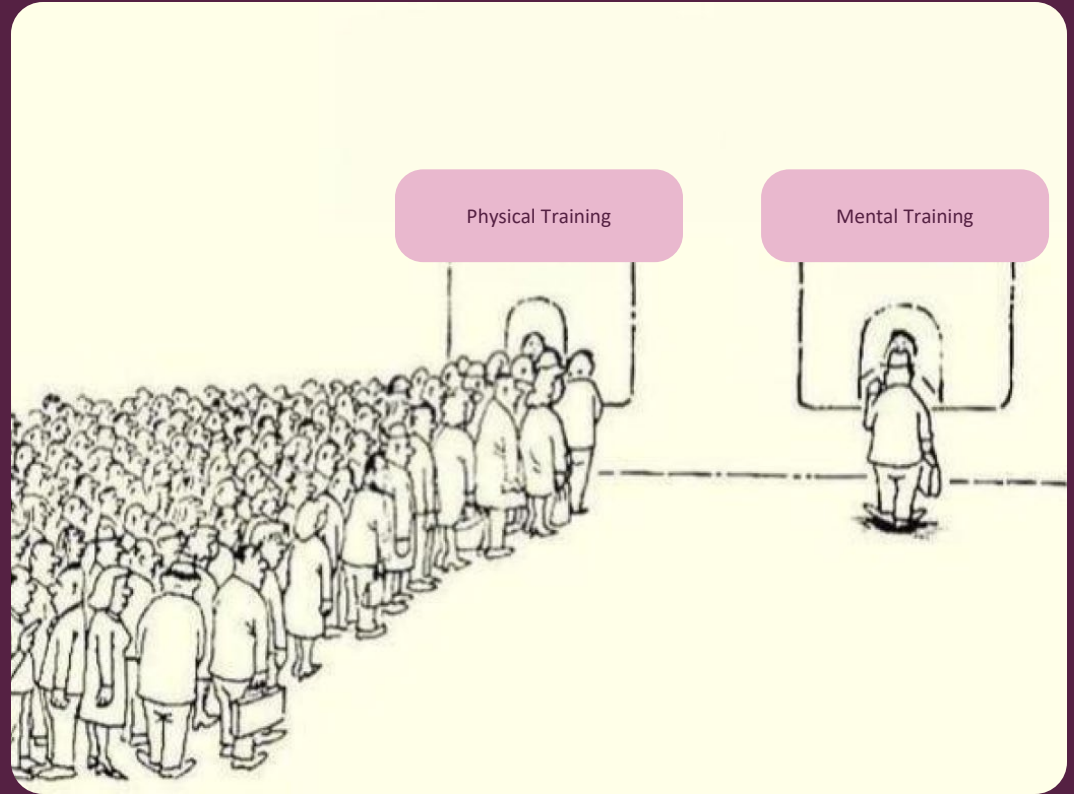
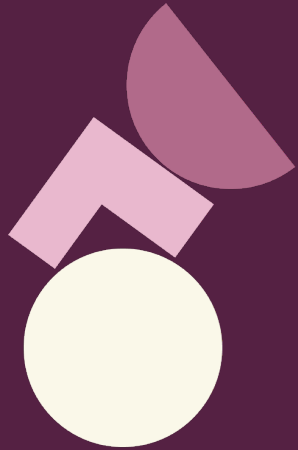
6 Building MT

7 Be the Ball...

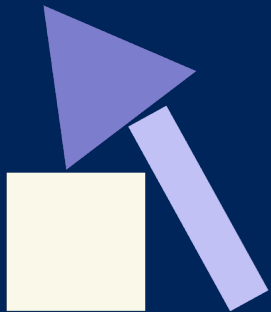
Who



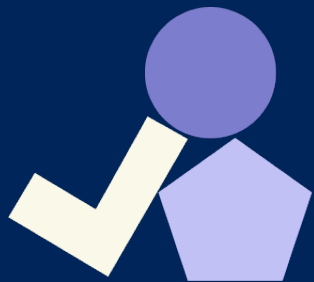
What



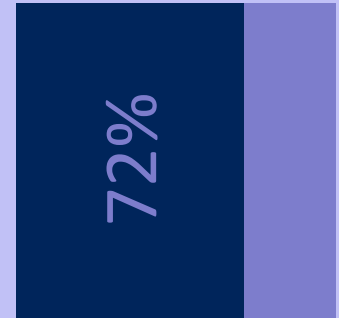
Why



Sherpa

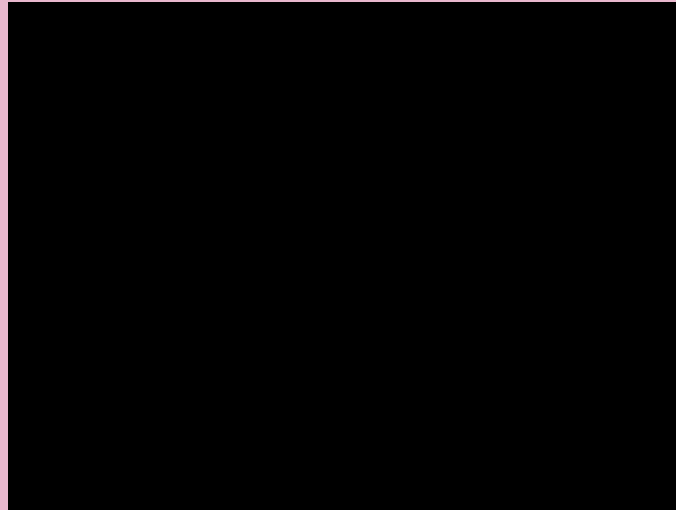


72% of athletes who used mental skills during their injury rehabilitation perceived to have a faster recovery



Arvinen-Barrow et al., 2015

TikTok



Mental Challenges

“Serious athletes come in two varieties: those who have been injured, and those who have not been injured yet”

- Brown (2005)



Loss of identity



Loss of motivation



Loss of control/invincibility



Fear of...

- ..failure
- ..disappointment
- ..kinesiophobia
- ..letting others down
- ..lack of achievement
- ..THE UNKNOWN



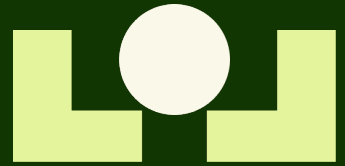
Loss of self esteem/self worth - increased self doubt

“ ”

The blazing fire makes flames and
brightness out of everything thrown into it.

Marcus Aurelius

Mental Toughness as a Framework



Mental Toughness

"The quality which determines in large part how people deal effectively with challenges, stressors, and pressures irrespective of prevailing circumstances."

Clough and Strycharczyk, 2019

Myths of Mental Toughness

Maybe better called psychological flexibility

Psychological Flexible/Adoptable > Mental Toughness



MT Athletes always think/feel positive

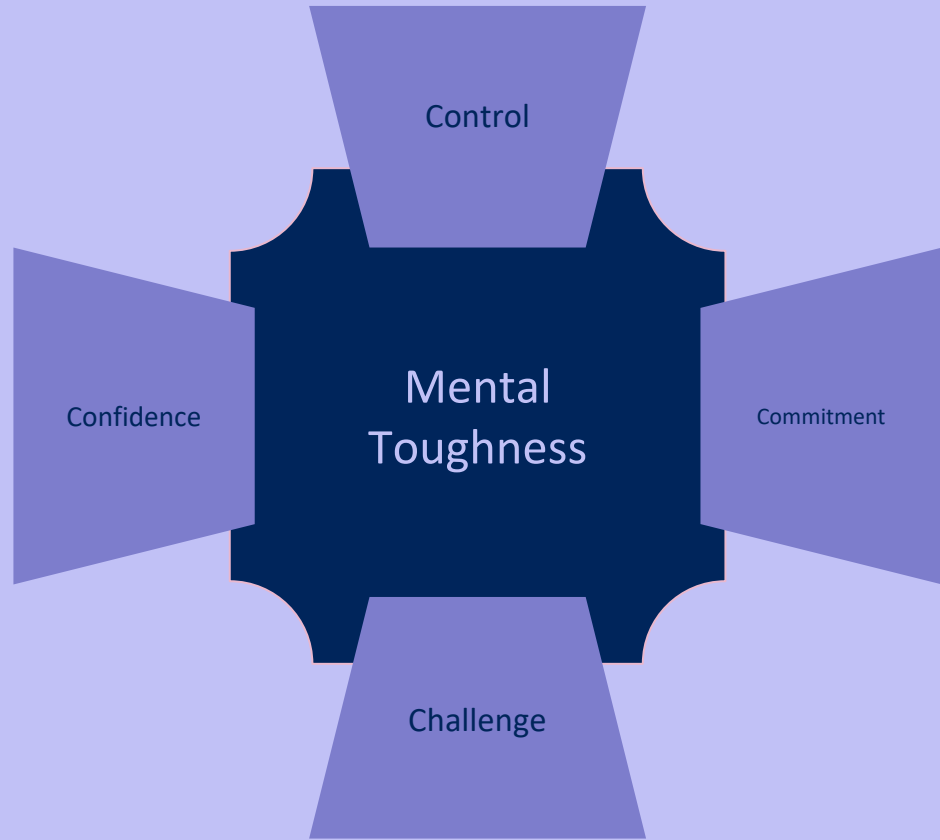


MT Athletes are not emotional/sensitive



MT Athletes push through more physical pain

4 C's of Mental Toughness



Clough, 2002

Tim's Definition

1

Awareness

2

Taking positive action
when we don't feel like it

3

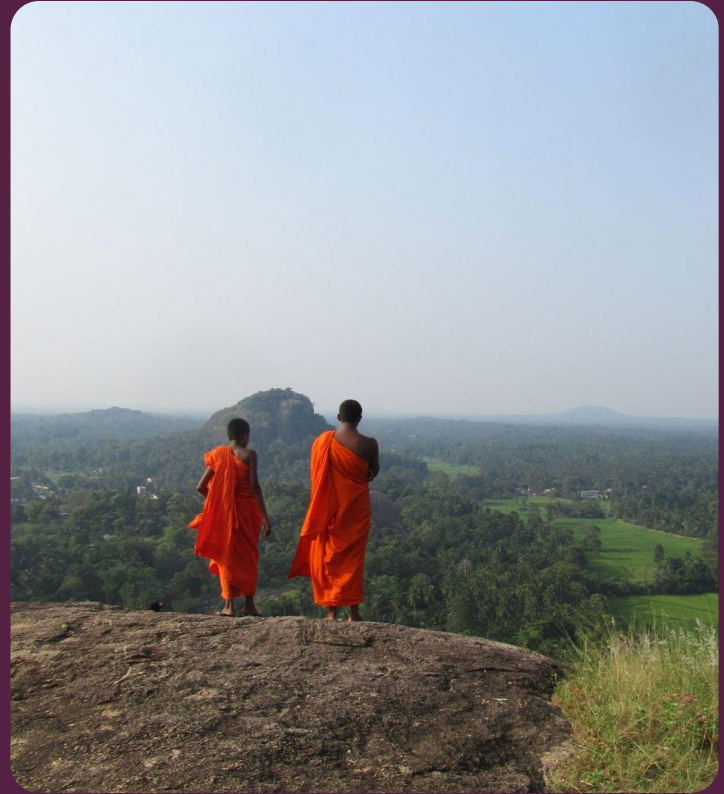
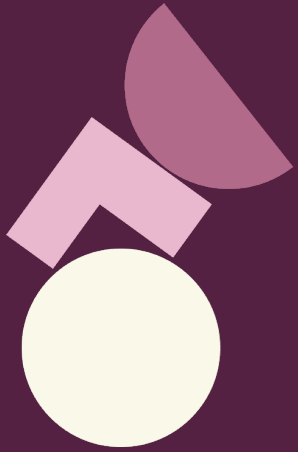
Focus on what matters
the most at the
right time

Awareness

“The mind guides action. If we succeed in regulating our thoughts, then this will help our behavior.”

Hatzigeorgiadis, 2014

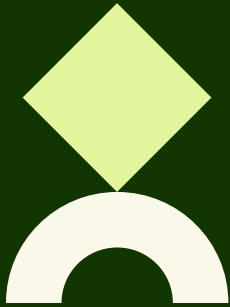
The Monks



Taking Positive Action



Focus on what
matters at the right
time



Mental Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress”

APA, 2014

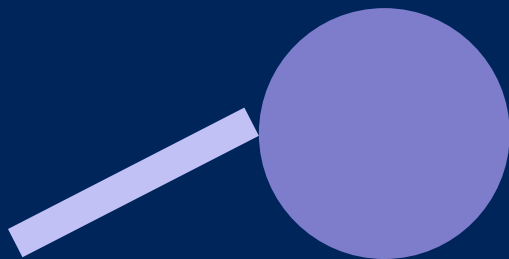
MR vs MT

“Most if not all mentally tough individuals are resilient but not all resilient individuals are mentally tough”

Strycharczyk, 2015

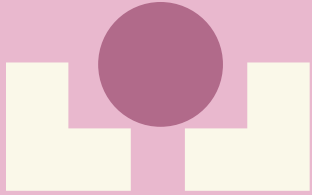
Sisu

An ancient Finnish construct denoting extraordinary determination in the face of extreme adversity.

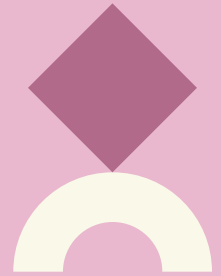


“An internal, latent force that moves you forward when you think you have reached your limit.”

Lahti, 2016



How to Build Mental Toughness/ Mental Resilience



How to build Mental Toughness/Mental Resilience

Can be taught/
developed

- 1.Through experience
- 2.Through adversity (rehab - controlled adversity - applied)

Should not be
siloed

Ingrained into each session,
each conversation, and each
interaction

Mental Skill #1

Goal Setting/Motivation

Task orientation

Process of improving

Ego orientation

End result

Climates singled what is valued/emphasized:

Mastery Motivational Climate - centers around learning, effort, and competence

Performance Climate - centers around performance outcomes (W/L), avoid criticism

Effectiveness:

- Manage negative emotions
- Pain management
- Confidence/self esteem
- Motivations



Mental Skill #1 Cont...

Goal Setting/Motivation

Types

Outcome: what you want (big picture)

Ex: Win the Big East

Performance: Measurable targets/milestones

Ex: Average 1 goal a game/10 shots per game

Process: How/complete control

Ex: Spend an additional hour/week unopposed finishing

S.M.A.R.T

Goals may center initially around rehab milestones and then later more on return to play

Values:

If outcomes goals are the destination, performance goals are the mile markers, process goals are the roadways, then values are the compass, the direction.

Ex: I want to return to where I was before the injury

Ex: Being competitive, accepting challenges

Mental Skill #2

Visualization

Definition

Visualization is the process of creating a mental image or intention of what you want to happen or feel in reality.

Tips

1. Imagine Success - positive outcomes/challenges/ mistakes/overcoming
2. Repetition - mind trains the body/use daily
3. Use all senses - details
4. Visualization of initial Physio milestones gradually build to return to play situations

Effectiveness:

- Manage emotions
- Pain management
- Motivations



Mental Skill #3

Self Talk

Definition

“The syntactically recognizable articulation of an internal position that can be expressed internally or out loud, where the sender of the message is also the intended receiver” (Van Raalte, 2016)

Tips

1. Train it all day and all environments
2. Prepare self talk scripts (I can, I will)
3. What is to be done, not avoided
4. Start in during warm ups
5. 3rd person - “Tim, check your shoulder.”

Effectiveness:

- Improves self-confidence
- Increases enjoyment
- Decreases anxiety
- Assists in emotion and thought regulation
- Improves concentration and focus



Mental Skill #4

Self Reflection

Definition

An individual's capacity to apply prior experiences to improve subsequent performances in a goal-directed and effective manner

Tips

1. Journaling
2. Vlogging
3. Video analysis
4. Social media/online communities

Effectiveness:

- Increases self awareness
- Increase self confidence
- Adopt positive mindset (control)
- Greater understanding of experiences
- Strengths/weaknesses analysis
- Problem based learning



Mental Skill #5

Encourage social connections

Adopt to new team roles

Other activities, passions, and interests



TikTok



The Golf Ball



Questions?