



CARRIDE CONVERSATIONS

"TIS THE SEASON..."

TO BE SELFISH!

Why, as a parent, SELF-CARE is important to fight burnout:

- During the holiday season, engaging in the hustle and bustle of preparation, holiday cooking & baking, shopping, entertaining family and friends, all while supporting your student-athlete, we can easily get lost in the motions of what we **HAVE to do**, versus what we **GET to do**.
- When we get lost in the "have to" tasks, we lose sight of the true meaning of the season. We get fatigued and even sometimes lose joy in what we are doing, all signs of what we call **Burnout**.
- Burnout is defined as a sense of physical and emotional exhaustion due to lack of recovery tools and can happen more so outside of sport and performance, leading to decreased functioning in performance.
- If you are anything like me, you tend to take care of others more so than yourself, especially during this time of year!

So what do we do about it...adopt the **oxygen mask rule**: you are to place your own mask on yourself before helping others do the same.

THE PROCESS

SELF CARE CHECKLIST

- ☐ **READ A BOOK**
 - ☐ **CALL A FRIEND**
 - ☐ **STRETCH**
 - ☐ **DO SOMETHING CREATIVE**
 - ☐ **PLAY WITH A PET**
- Audit your time. Often, we THINK we don't have enough time, yet in reality, we have more time than we think.
 - Schedule out your HAVE TO tasks, the gaps, and schedule out the GET to tasks
 - Make time for play, relaxation, quality time with family: do something in your day or week that is completely unrelated to the task at hand or your work.

"What is self care: deliberately taking care of your well being through restorative activities."

TOOLS AND TIPS

...for the car ride home

Follow these guidelines to help mitigate burnout and fill up your cup:

1. For every "have to" task, balance out with one "get to" task. You will start to notice how much free time is actually in a weekly schedule.
2. Change your language. **Words matter** in how we view situations. Instead of saying, "I am busy today," reframe to, "my life is full today." This simple language shift switches our brains to practice gratitude.
3. Practice gratitude. Find time to laugh, and to have fun.
4. Encourage restorative practices this week (time outside, mindfulness & meditation, journaling, movement).

Check out our winter sports schedules here!

Save the date:

6 March
Spring Sports Begin

14 August
Fall '23 Sports Begin