Causes of Burnout

- High expectations
- Perfectionism
- Busy schedule
- Pressure to win
- Managing your emotions and you teammates.
- Mandatory events
- Supporting teammates
- Maintaining your mental and physical wellbeing
- Competing with your teammates for playing time

Preventing Burnout

Early findings of Cognitive Behavioral Therapy (CBT), Acceptance Commitment Therapy (ACT) interventions appear helpful in stress reduction and prevention of burnout

- Perspective taking
- Managing perfectionism
- Self-determination theory
- Rest/recovery practices
- Mindfulness

Recovery from Burnout

- **Acknowledge:** Listen to how you are feeling and accept that you may be experiencing burnout. It can be hard to come to terms with, but acceptance is the first step to recovery.
- **Take time off/Rest:** Typically athletes think that pushing through is the best way to overcome feelings of burnout. The best way to recover is by resting.
- **Set boundaries:** Learn what you can handle and set boundaries according to what you need to be successful.
- **Prioritize you and your wellness:** Your wellbeing always comes before your sport. Having quality time with yourself and identifying what makes you happy is essential. Take time to do things that you enjoy outside of sport!

Tips to Prevent Burnout

- When thinking about your situation try to reframe your negative thoughts to be positive.
- Practice having a growth mindset. When you focus on the process instead of the end result it is easier to move on from a poor performance and to not feel discouraged.
- When you fail or have a poor performance, think about how you can grow from that experience instead of dwell on it.
- Prioritize rest and wellness practices. Meditation and deep breathing can help.
- Practice mindfulness. Being in tune with your emotions helps you deal with them rather than ignore them.

Tips to Recover from Burnout

- Use a mindful minute each day to assess how you are feeling. This will help you identify what is best for you and your mental wellness.
- Acknowledge that you are human and need time to rest. This is an important time to not overwork yourself and take time off.
- Have open and honest communication with people around you who you trust. Having a support system is essential.
- Prioritize yourself and the things that you care most about. Making a list of your priorities is a good place to start.
- Know that you are not alone. There are resources out there to help you!