

Developing Mentally Healthier Communities Through Sport

Managing Emotional Moments

Here's how you can help sport participants when emotions run high:

- Take them outside
- Ask them to just stop and observe
- Get them talking
- Offer them a drink of water
- Ask them to think of five things they're grateful for
- Get them to run cold water on their face
- Suggest that they listen to their favourite song
- Give them a paper and pen so they can doodle
- Distract them by getting them to recite the alphabet backwards or count to 100 by 10s
- Advise them to run on the spot or do a wall sit for as long as possible
- Ask them to list five things they hear, see and smell
- Do a box breathing or star breathing exercise with them

Check in with yourself:

- Are you calm? Be aware of your body language. Get down to their level. Respect their personal space. Don't yell or talk over them.
- Are you listening? Remove distractions. Validate how they are feeling. If you don't understand, ask.
- Are you being supportive? Avoid power struggles. Offer choices. Ask what would help right now. Try to understand their perspective.

