

Will things ever be the same again?

Strategies for staying sane & focused
during Covid-19



Dr. Paul Gaffney

Cavan GAA Webinar

Hello & welcome, thanks for having me...

Overview of webinar

Introduction

The Impact of Covid-19

Strategies that can Help

10 things to Read/Listen to/Watch

Conclusions



The Impact of Covid-19 includes

- Infection, isolation, sickness and potentially death
- Anxiety, fear, loneliness, bereavement, hopelessness & tragedy
- Disruption to education, economy, sport and travel
- Job losses, business closure, recession and budget deficit
- Huge impact on the wellbeing of older and vulnerable people
- Rising uncertainty in Ireland and abroad about what happens next
- Amazing collective effort to socially distance and protect each other
- Fast service reconfiguring to rapidly changing circumstances
- For some, the chance to re-consider and re-evaluate

Strategies that can help.....

- **Be your BEST**
- **Exercise as much as you can**
- **Predictions don't help**
- **Allow for the bad days**
- **Take responsibility**
- **Individuals are different**
- **Enjoy what you can**
- **No judgement**
- **Take some time**



Be your BEST



- Most importantly, have your own schedule each day, with consistent timings, including days off. These five will help you mentally and boost your immune system
- Tip: Your “five a day” should ideally include your..
 - Biology:** Get enough activity/food/rest (? Alcohol)
 - Behaviour:** Do what you need to do (list 6 items)
 - Emotions:** Things that matter to/inspire you
 - Social:** Stay connected to key people
 - Thinking:** Is there evidence for what you think?

Exercise as much as you can

- The best a thing to do for your mental health at any time is to do some exercise, even just a quick walk or some home based circuits
- Its also great for clearing your head and resetting the system
- Tip: if you have a disagreement with a family member, taking time and then taking exercise together with that person is a good way of dealing with the conflict and maintaining fitness



Predictions don't help



- Rare events happen more often than you think, the past does not always predict the future
- We encounter massive amounts of information daily, we are not programmed to deal with it.. & can check our smartphones on average 80 times a day
- Too much news input overwhelms and guessing when this will be over will make you more anxious...
- Tip: We believe what we want to believe...look up the Harry Rednapp “Tittyshev the striker” story!
- Tip: look up Dan Gilbert online, and enjoy his TED talks. Ask yourself....three months ago, did you ever think you would be on this webinar this evening?!

Allow for the bad days

- There is no way any adult or child can be in good form every day, especially not now. Our mood tends to fluctuate, up and down.
- Tip: If you are in a very low or difficult place and your (or someone else's) safety is an issue, get in touch with someone you trust right away. If that is not possible, keep yourself safe, and consider reaching out again, possibly to a 24/7 phone emergency line. You don't need to explain why you called, just say that you need help or don't know what to do next.



Take responsibility



- You will live an unhappy life if you always compare yourself to others
- The first step to a happier, improved life is always to take responsibility for yourself, a team is a group of people doing this
- *“The person who complains about the bounce of the ball is likely to be the one who dropped it”* Lou Holtz
- Tip: Do one thing every day you’d prefer not to, check out “The Last Dance” on Netflix & look up any talk by James Clear, Jocko Willink & Jordan Peterson

Individuals are different

- What works for you may not work for someone else & vice versa, including your family, friends, clubmates and children.
- We are each different, but need each other
- *“Talent wins games, but teamwork and intelligence wins championships”*

Michael Jordan

- Tip: The next time you have conflict with someone, try TAPPP...Is this the right Time, Approach, Person, Place & Problem to have a discussion? If yes, go ahead, if not, wait.



Enjoy what you can

- *“Don’t count the days, make the days count”*
Muhammad Ali
- Despite the restrictions and limitations on travel, having less money and options, it is crucial to do at least one thing you enjoy every day.
- It has been and could be too long again to get back what you enjoy (eg, playing sport, team training), so you need a lift every day, and so does your family, teammates and colleagues.
- Tip: Make a decision to do at least one thing you enjoy each day, even better, make a note of what it will be and rate the experience



No Judgement

THE BEST IS
YET TO COME

A Memoir
about Football
and Finding
a Way through
the Dark

ALAN
O'MARA

- This is likely to be the first time for us to witness a pandemic, but many of us have seen hard times and we all have had setbacks
- What makes for unnecessary suffering is judging ourselves for how well we are doing, often then comparing ourselves unfavourably with others
- We can only do what we can do, and always operate with incomplete information anyway
- Tip: Think of someone and ask yourself “*what are they going through that I don't know about?*” Have a look at Alan's book, and look online at the TED talks by Brene Brown and Dolph Lundgren

Take some time

- Whatever happens next, the world is different
- Its crucial to get some time to yourself to try to focus on the here and now, so much unnecessary pain is caused by regret over what has past, and fear over what is to come, yet we have no control over either thing right now
- Tip: Get some time every day, ideally morning and night, just notice yourself in the here and now, your breathing and your body, like “falling awake”.
- Tip: Look up online talks by Jon Kabat Zinn, and try a mindfulness app such as headspace and/or listen to a church service/inspirational talk or any music/sounds, including silence, that comforts you.



10 things to Read

- “The Score Takes Care of itself” - Bill Walsh
- “Atomic Habits” – James Clear
- “Why Zebras Don’t Get Ulcers” – Robert M. Sapolsky
- “The Happy Mind” – Kevin Horsley & Louis Fourie
- “12 Rules for Life” – Jordan Peterson
- “13 Things Mentally Strong People Don’t Do” – Amy Morin
- “Psyched Up” – Daniel McGinn
- “Stillness is the Key” - Ryan Holiday
- “Daring Greatly” – Brene Brown

10 things to watch

- “How to make stress your friend” – Kelly McGonigal - TED Talk
- Lansdowne Yonkers FC- Jim Gavin Interview – You Tube
- “The Last Dance” - Netflix
- “Inside the mind of a master procrastinator” – Tim Urban- You Tube
- “The first 20 hours, how to learn anything” - Josh Kaufman – You Tube
- “How to practice emotional first aid” – Guy Winch – You Tube
- “The surprising science of happiness” – Dan Gilbert – TED talk
- “F*** the fear, it’s not real anyway” – Deri Llewellyn-Davies – You Tube
- “The 2 Johnnies Podcast” – You Tube
- “How to motivate yourself to change your behaviour” You Tube

10 Things to listen to (all podcasts except*)

- The Performance Fix
- Outperform
- Unlocking Us – Brene Brown
- The Good Glow – Georgie Crawford
- Found my Fitness – Rhonda Fitzpatrick
- Owning it: The Anxiety Podcast – Caroline Foran
- Finding My Quiet Place Podcast – Jim Hobart
- Better Mental Health Podcast – Savvy Psychologist
- Mindfulness Meditation – Mark Williams (Spotify)*
- Under the Covers 1, 2, & 3 – Matthew Sweet/Susanna Hoffs (Spotify)*

Great Websites

- **getselfhelp.co.uk** - Excellent site for mental health issues, great resources and handouts
- **zenhabits.com** - Great site with a focus on making sustainable changes over time
- **theminimalists.com** - Super site with advice on simplifying life and doing with less (great podcast too)
- **jamesclear.com** - Brilliant site on building excellence, deals with “boredom” of high performance
- **WiseMind.com** - Helpful paid site with expert guidance on coping with mental health problems

Strategies that can help.....Take Care & Thanks!

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