



USOPC

SPORT PSYCHOLOGY

NEWS AND UPDATES

Virtual Resources to Stay Connected in a Time of Social Distancing

Human beings are fundamentally social. The deleterious effects of social isolation on our physical and mental health is well documented; we need each other in this ever-changing landscape of training and competition. The USOPC Sport Psychology Professional team encourages you focus on maintaining the social connections that help us stay focused and thrive while minimizing physical contact following recommended guidelines. Below are several apps that are designed to help build online community through shared activity and virtual communication, provide a training forum and reinforce healthy stress management behaviors during this difficult time.

Find What Feels Good	A yoga app that offers >600 videos for all levels. There are daily practices, workshops, learning opportunities, accountability series, global communities, and a vlog without ads. Free 7-day trial, and then minimal monthly cost associated with the account.
Zwift	A cycling app that offers a plethora of virtual cycling workouts, training routes, and races for cyclists; starting 3/8/20, the Mitchelton-Scott stars will also be taking part in the “Bike Exchange – Where the World Rides Series” of virtual events; the aim is to keep riders stimulated during this period of non-racing period. Free 30-day trial.
Insight Timer	A mindfulness app that has several free guided meditations added every day. Additional guided meditations are available to help build your practice, as well as discussion groups; music tracks and ambient sounds are also available to calm the mind and promote sleep. Free with in app purchase options.
Headspace	A mindfulness app that offers guided meditation and mindfulness techniques. Offers personalized plans based on a little input from you. Free 30-day trial with in-app purchase options.
Calm	A mindfulness app that offers calming and breathing exercises; the app includes a section on sleep and meditation for children, which may be of interest to those who have kids at home. Compatible with Apple Watch as well. Free with in-app purchase options.
Inner Balance	A psychophysiology app that analyzes and displays our Heart Rate Variability (HRV) to indicate how our emotional states are affecting our nervous system. HRV offers a unique window into the quality of communication between the heart and brain, which directly impacts how we feel and perform. Free.

Resources and Online Support:

National Alliance on Mental Illness (NAMI) Help Line: Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264

NAMI Website: <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US> crisis counseling and support for ppl. Experiencing emotional distress related to natural disasters)

SAMHSA Disaster Distress Helpline: (800) 985-5590 (24/7, 385-day a year

Warmlines (non-emergency emotional support) by state: <https://www.mhselfhelp.org/warmlines>

Every hand that we do not shake, must become a phone call that we place.

Every embrace that we avoid, must become a verbal expression of warmth and concern.

Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise. – R. Yosef Kanefsky