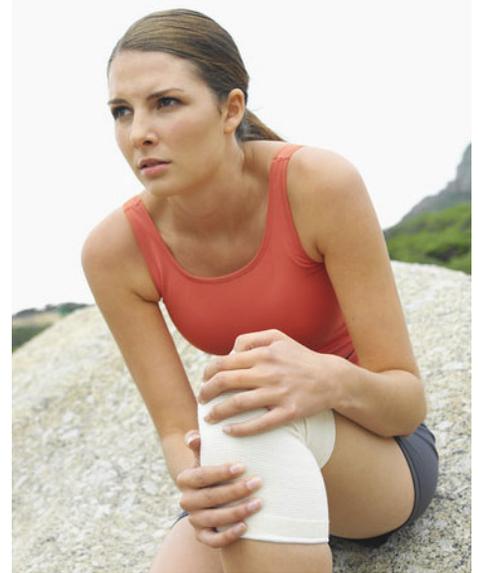




Burnout and Recovery

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Q: What is Burnout?

A: Burnout is often referred to as a series of psychological, physiological and hormonal changes that can stem from overtraining and exhaustion from sport. Common symptoms may include:

- Chronic muscle or joint pain
- Personality changes
- Elevated resting heart rate
- Decreased sport performance
- Physical and mental fatigue
- Lack of enthusiasm for practice or competition
- Difficulty completing everyday tasks

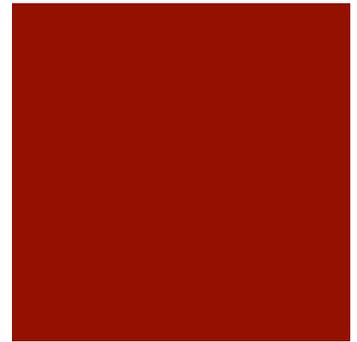
Q: Should I be concerned?

A: While all athletes experience ups and downs during a season, the difference with burnout is that the symptoms build until there is an overwhelming sense of being an ineffective athlete. Therefore, it is important to recognize the symptoms of burnout and find strategies to effectively manage the situation. Also, some people typically exhibit only a few of the symptoms of burnout making it especially important to be aware of the possibility. Research has shown that children and adolescents who specialize in sports (meaning they focus on one single activity) are more prone to burnout than athletes who participate in a variety of sports.

Q: How can I prevent Burnout?

A: Prevention of Burnout should be mainly addressed by encouraging athletes to become well rounded and well versed in a variety of activities rather than 1 particular sport and taking periodic breaks when necessary.

- Keep workouts and activities interesting - have fun!
- Take time off from organized sport. 1 to 2 days off per week allow for rest and recuperation for other activities.
- Take breaks from training and competition every 2 to 3 months while focusing on other activities and cross-training to prevent loss of skill or level of conditioning.
- Pay attention to your body!



What if I Have Burnout?

How do I recover?

Recovery from burnout is a multidimensional process that involves a wide range of actions. Because all athletes are different, recovery can be done in a variety of ways with a number of different professionals and numerous individuals. Always remember that a balanced life is the best way to prevent burnout and is one of the important steps for recovery.

For optimal recovery from sport, always make sure you participate in:

1. Proper nutrition and hydration
2. Sleep and rest
3. Relaxation and emotional support
4. Stretching and cool down

By making recovery an integrated part of training can also be helpful so that it does not become a “burden.”

Also remember that, you don't have to take a long and inactive break from sport and

physical activity altogether to recover. Sometimes recovery involves activities that are completely different from what you are used to in order to break out of that staleness. This is usually referred to as active recovery. For example, someone who specializes in soccer might be encouraged to try swimming or martial arts to refresh their mind and focus. By participating in active recovery, athletes no longer need to fear that they will lose their physical fitness by taking a break.

If you feel that recovery is beyond your own “self-help” methods, you may want to consult professionals such as:

- Your coach
- An exercise physiologist
- A Physician or family doctor
- A sport psychologist

These individuals can work either one-on-one with you or together as a team to ensure you recover properly and return to play when you are ready.