Staying Active while Quarantined: Your Mental Health Depends on It!

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What is the impact of being quarantined?

- We begin every challenge with evidence-based practice
  - Self-quarantine leads to sedentary activities (i.e., computer, television, electronic devices)
  - Lack of physical activity can have an impact on mental health in addition to physical health
  - Health risks during times of social isolation
    - Unfavorable health behaviors (eating more food and more unhealthy food)
    - Lower motivation to exercise or lack of access to exercise
  - Those who are isolated are at risk for high levels of stress and anxiety
    - Dashtgard et al., 2020; Hamming, 2019; Johol, 2010
Benefits of isolation and seclusion

- Some isolation may be good!!
- Quarantine has unintended climate benefits
- Individuals and families are engaging in more meaningful activities
- Solitude contributes to reflection and creativity
  - Knafo, 2012; Long & Averill, 2003; Oshitani, 2006; Richardson et al., 2019

Introverts:
check in on your extrovert friends...
They are not ok.

They have no idea how this works.
Socially Responsible Practice

- Self-isolation and quarantine keeps others safe
- Implications for children and families in poverty
- Working, unemployed, furlough
- How isolation and quarantine impacts all individuals from diverse backgrounds—everyone may experience this crisis differently
  - i.e., Medical, first responders, grocery store clerks
  - Adler Community (students, staff, faculty, administrators)
- Mental health and coping become our priority
It's 5:00 p.m. everybody!

Almost time to change from our daytime pajamas into our nighttime pajamas.

I Might Be Funny
Staying Physically Active

- Social distancing does not mean we can’t exercise...we just have to do it differently!

If you focus too hard on the problem...

...the solution can often evade you.
Stay Engaged

- Find a workout buddy
Make Your Playlist
Adaptive Skills
Social Distance Running
Not Used to Exercising?

- No worries, start slow!!
## Mental Skills Training

Vealey’s Mental Skill Model (2007)

<table>
<thead>
<tr>
<th>Foundation Skills</th>
<th>Personal Development Skills</th>
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<tbody>
<tr>
<td>Achievement drive</td>
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<td>Self-awareness</td>
<td>Interpersonal competence</td>
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<td>Perceptual-cognitive</td>
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Thank You!!