



The Team is Together

Athletes across the country share a common loss. Feeling the absence of the sport that keeps their adrenaline pumping, their coach's skilled direction, and moving in sync with teammates on courts, rinks and fields.

Mental health and mental performance practitioners join forces nationwide to support athletes and coaches. They team up to pass on knowledge and creativity for webinars, workbooks, and online sessions for both mental skills training and mental health needs.

Among them is Lori Dithurbide, Mental Performance Consultant (MPC) with Canadian Sport Centre Atlantic. To Lori, the most rewarding part of her job is the teamwork, playing part to Canadian athletes and coaches achieving goals.

Now, in times of uncertainty Lori witnesses a resilience in teamwork, “if we were to look for some silver linings in this globally challenging time, it really has brought the team together more than we already were. We are working together better than ever before, and that’s really great to see.”

With hard work and success come challenges. As many can relate, conversing with a computer screen drains your energy battery. Lori says “Zoom fatigue” is real but attackable. Her message for the community is to not be hard on yourself, any negative feelings, or reduction in motivation are all expected and justified.

Lori shares guidance for mental health during isolation, “set some daily goals even very small ones that will contribute to positive feelings. For example, set a goal to get outdoors safely for a certain amount of time, set a goal to connect with a friend, family member, or teammate, or set a goal to try a new recipe. Focus on what you can control.

The routine and structure can help you feel productive at the end of the day. And of course, reach out if you are struggling.”

We are in this together, as Team Canada. Through the wins and losses, bad days and good days we can count on our community's support.