



## Supporting Coach Self-Care

**Providing our coaches the time and tools for self-care is an important factor in helping them feel supported, regulated, and experience less burn out.**

Coaches who take care of their own needs may feel more grounded and energized to develop the empathetic environments their players may need to thrive. It is not simply enough to ask coaches to practice self-care, we must be intentional in ensuring they have the resources and space to look after one of the most important people on their team: themselves.

### Tips to Aid Your Coaches in Practicing Self-Care:

#### **Practicing Mindfulness:**

Encourage your coach to take time to themselves with intention. For example: Taking a walk after practice can provide a moment of grounding and perspective.

#### **Practicing Physical Self-Care:**

Creating an intentional, empathetic team environment takes energy. Consider setting coaches up for success by taking small, logistical things off their plate to provide them with the space to re-charge or for much needed rest.

#### **Practicing Social Self-Care:**

Encouraging time with loved ones is important. Also consider asking them about influential coaches/mentors in their past that they could potentially connect with for a pep talk. Lastly, provide opportunities for all your coaches to connect with one another.

#### **Practicing Self-Reflection:**

Give coaches tools to reflect on their challenges and successes whether it's after a practice, game, or the entire season. Bring a 'progress over perfection' attitude to your program, and provide space for them to reflect with you, as well.

