Coaching Mental Training – COVID-19
Online Fatigue
Champions know how to adjust to various situations.
Are you a coach which models championship adjustment to your athletes?
Is the Coronavirus (COVID-19) crisis making you into a frustrated coach or a dynamic coach?
The more innovative coaches are exploiting online alternatives to help keep training moving forward for their athletes . . .
... yet there is a developing concern regarding online teaching, coaching, and videos ...
“online fatigue”.
Online fatigue occurs when the need for in-person interaction due to isolation overwhelms the efficacy of online activity.
Symptoms of online fatigue can be:
Symptoms of online fatigue can be:

- Change in positive affect/mood towards online work/sessions -
Symptoms of online fatigue can be:

- More easily distracted during online work/sessions -
Symptoms of online fatigue can be:

- Increased irritability -
Symptoms of online fatigue can be:

- Increased withdrawal at home -
Symptoms of online fatigue can be:

- “Glazed eyes” or expressions of boredom -
Symptoms of online fatigue can be:

- Increased restlessness -
Symptoms of online fatigue can be:

- Change in sleep patterns -
How to Minimize the Risk of and Address Online Fatigue
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- Vary the timbre and activities of online presentations -
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- Go outside the box online (creativity) -
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- Hold live online sessions outdoors frequently -
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- Hold live online team parties (birthdays, grill off for dads, talent shows . . .) -
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- Encourage athletes to have one-on-one telephone conversations (no texting) with one another -
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- When allowed, organize small-group outdoor activities which respects social distancing. -
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- Speak with athletes and their parents live online for athlete mental health check-in -
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- Give hope for the light at the end of the tunnel -
Human beings were naturally made for in-person communication and interactivity.
Currently, the United States is in an unnatural human environment.
An overdose of online interaction inhibits human potential and well being physically, emotionally, and mentally.
Throughout this crisis you may be behind the screen in communicating with the athletes you assist . . .
... in reality, you are on the front lines of encouraging their hope and human experience.