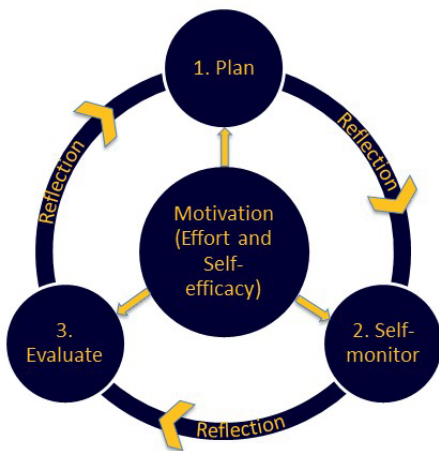


COVID-19 is bringing significant changes to our world. These changes will be felt throughout the high-performance sporting system, perhaps most notably the likely postponement of the 2020 Tokyo Olympic and Paralympic games. Elite athletes lead highly structured and regimented lives. Maintaining structure, routine and motivation can help support your wellbeing and performance. You may need time to adjust, but when ready, consider working through the below information with your AW&E manager, coach, or performance team who will have supporting resources.

For updates specific to COVID-19 and High Performance sport, utilise the specialist [website page](#)

**Self-Regulation for Maintaining Structure, Routine and Motivation**



Adapted from Jonker (2011)

**1. Plan**

**Re-assessing Goals**

- Consult your Individual Performance Plan and work with your relevant performance staff to establish if your performance goals have changed or your action items for achieving goals will need to change.
- Review your current personal goals and whether changes to study, work or lifestyle will require you to adapt personal goals, discussing with your AW&E Manager and seeing what support is available to you is beneficial in this process.
- Consider your personal wellbeing and health, and that of others, when re-assessing your goals
- Write any changes to goals in a SMART goal's framework, which will help you establish daily processes to achieve them.

**Creating New Routines**

- Routines bring fulfilment, a sense of purpose, and normality to daily life. Routines reduce excessive decision making, help build healthy habits and can reduce feelings of anxiety.

- Consider your existing routines and what can be maintained to keep consistency and what parts of your existing routine needs to be modified.
- Schedule activities to support your wellbeing (e.g., hobbies you enjoy, connecting with family)
- Utilise a planner of your choice, these help you to visualise your day and keep you accountable and also help you draw lines between sport and life to ensure adequate rest.

**2. Self-Monitor**

- Use effective time-management techniques; maintain a diary or planner, schedule your activities, set alarms, and monitor your progress.
- Consider if you've scheduled enough breaks in your day to ensure you're being effective and maintaining your energy levels.
- Be self-aware of how you're responding to the changing environment. A period of adjustment is to be expected.

**3. Evaluate**

- Schedule time at the end of the day to reflect on what parts of your routine you've found helpful and which parts may need adjusting. Reflection helps to ensure you are building motivation, making progress, and staying on track.
- Tell your performance team about your new routine. This will help keep you accountable, allow you to access support when needed, and have the opportunity for feedback.
- You may find that your new routines or goals may need to be adapted in this current climate. It's important to be flexible, maintain perspective, and have realistic expectations.
- If you are struggling with establishing new routines in this changing environment, reach out to your AW&E manager.

