

Coping with illness and injury – Ways to help yourself



Confidence building

You want to have faith in your own abilities and preparation. Why not track your progress in a creative way such as a video blog.



Use your support network!

Your family, friends, coach and physio are just a few people around who can support you.



Research how you can help yourself

If you're a problem-focused copier, you might want to read into your injury and how others have coped.



Your rehab environment

Know what environment best supports your rehab. You might want to remain involved by watching training and matches.



Remain positive and proactive!

Your thoughts can influence your feelings and behaviours during recovery from illness and injury. Stay positive and focused on what YOU can do to support your own progress.



Motivation

To have the best chance of recovering fully, you need a strong purpose to do so. Identify what motivates you to recover.

Coping Strategies