

Firstname	Lastname	HAS ID _____
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Date	O Male O Female	DoB	Age (years) O Not sure
Event	Location	<input type="radio"/> Athlete <input type="radio"/> Unified partner	Sport
Delegation		SO Program	
Cell phone number	Number is <input type="radio"/> Athlete's <input type="radio"/> Parent's / Guardian 's		
Providing a phone number is optional. It may be used to call or send reminders if follow up is recommended after screening			



Check-In:

Athletes work on training their minds, as well as their bodies, in order to be calm and focused for competitions. Some athletes create their own Relaxation Routine, which helps them to stay calm and focused for their events. For example, a swimmer, named Jess, has a Relaxation Routine she uses before every race. Her routine includes: listening to music, taking a walk, thinking positive thoughts, and taking 5 deep breaths. Another athlete – a runner, named Sam – has a different routine. He talks to his coach, does some stretching and deep breathing for a few minutes, and thinks about how good it feels to run really fast.

Do you have a Relaxation Routine that you do before an event?

Yes No

<If so>: Can you tell me about it? What do you do before an event to feel calm and focused?

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Are any of these skills part of your routine?

	YES	NO
<i>Thinking good thoughts</i>		
<i>Listening to music</i>		
<i>Looking at pictures/reminders of good stuff</i>		
<i>Talking to someone</i>		
<i>Breathing deeply</i>		
<i>Stretching or tensing and relaxing muscles</i>		
<i>Taking a walk</i>		
<i>Cheering for others</i>		
<i>Using a stress ball</i>		

Here at Strong Minds, we'd like to help you to create a Relaxation Routine that you can use before your event and ...even in real life. We have 5 stations for you to try. At the end, you'll decide which strategies you'd like to put into your Relaxation Routine.

Check-out: Building a Relaxation Routine

What stations did the athlete complete during Strong Minds (use the Strong Mind resources handout)?

	Like	Dislike
<i>Stress and you</i>		
<i>Strong Messages</i>		
<i>Strong Breathing</i>		
<i>Strong Stretching</i>		
<i>Strong Supporting</i>		

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Now that you've had a chance to try these stations, which strategies would you like to include in your Relaxation Routine? (check all that apply)

	YES	NO
<i>Thinking good thoughts</i>		
<i>Listening to music</i>		
<i>Looking at pictures/reminders of good stuff</i>		
<i>Talking to someone</i>		
<i>Breathing deeply</i>		
<i>Stretching or tensing and relaxing muscles</i>		
<i>Taking a walk</i>		
<i>Cheering for others</i>		
<i>Using a stress ball</i>		
<i>Other:</i>		

Bringing Relaxation Routines to Daily Life

We all have stress in our lives. I'd like to ask you about some specific situations and you tell me how stressful they are for you. Let's use the Stressometer:

How stressful is it for you to:

	Not at all stressful	A little stressful	Very stressful	N/A or Unsure
<i>Get ready to leave the house (for work or school)</i>				
<i>Meet new people</i>				
<i>Go to a new place for the first time</i>				
<i>Go to the dentist or doctor</i>				
<i>Talk on the telephone</i>				
<i>Compete in sports</i>				
<i>Wait for your turn</i>				
<i>Argue with someone</i>				
<i>Visit crowded or noisy places</i>				

Which of the strategies we talked about today could be helpful in these stressful situations?

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<p>Comments:</p>
