



## KSHSAA Student Support Resources

As we all navigate the next few weeks and months, the support Kansas students receive from their teachers, coaches and school leaders may never be more important. Combined with the continuous learning plans being implemented by schools across the state, we must also remember to help support the physical and mental well-being of our students as they work through this challenge of being suddenly disconnected from their school activity support structure. This information is provided to offer ideas and resources for schools to consider in this endeavor.

### The basics to promote to all your students:

1. Establish a daily routine.
  - Maintain a healthy sleep pattern. Have consistent wake-up and bedtimes throughout the week. Don't sleep in during the week.
  - Set goals for each day.
  - Avoid excessive time in mind numbing activity, e.g., purposeless screen time.
  - Avoid watching the news continuously. Get your information once or twice a day from reputable news sources and turn it off.
2. Encourage and promote regular exercise.
  - Get outside and move; get sunlight.
  - Coaches – help your athletes develop home workout programs. Consider body weight workouts for those who don't have access to equipment.
3. Encourage and promote good nutrition.
4. Maintain regular communication. Visual communication is ideal.
  - Coaches – communicate regularly with your players. Your students need to know you are still there for them and care about their well-being.
  - Encourage team members to communicate regularly amongst themselves.

Virtual communication has never been easier. Many social media apps have group communication features. Apps like FaceTime, GroupMe and TeamSnap are available. Additionally, online meeting platforms such as Zoom, or GoToMeeting can be used. Many of these resources have free trial versions and free subscriptions due to the COVID-19 situation.

### General Resources

Changing the Game Project CEO John O'Sullivan provides a webinar, *How to Support your Athletes During COVID-19*, <https://bit.ly/2J0y4ZO>.

Unleash The Athlete, James Leath provides a webinar, *From Team-Building to Person-Building: How to Keep Coaching During COVID-19*, <https://unleashtheathlete.mykajabi.com/webinar-coaching-during-covid-19>



SidelinedUSA, <https://www.sidelinedusa.org/>

Resources to help support students when a season or career has unexpectedly ended.

### **Mental Health Resources**

National Suicide Prevention Lifeline, 1-800-273-8255, <https://suicidepreventionlifeline.org/>

Crisis Text Line, text HELLO to 741741

In case of emergency, dial 911

Mental Health America, <https://mhanational.org/>

Provides an extensive list of resources regarding COVID-19 including general disease information, immediate mental health resources, how-to articles and tools to connect with others.

NCAA Sports Science Institute, <http://www.ncaa.org/sport-science-institute/topics/covid-19-and-mental-health>

Good reminders on how student-athletes can maintain their physical and emotional well-being during this time of separation from their school and teams.

Headspace, [www.headspace.com](http://www.headspace.com)

Calm, [www.calm.com](http://www.calm.com)

These websites/mobile apps provide information and interactive exercises using meditation and other stress reducing activities to promote a healthy lifestyle. Free versions are available.

Psychology Today, <https://www.psychologytoday.com/us>

A wide range of mental health resources including the ability to search an online directory for a mental health professional in your region.

HelpGuide, <https://www.helpguide.org/>

A wide range of mental health resources including how to cope with the stress and anxiety of COVID-19

American Foundation for Suicide Prevention, <https://afsp.org/>

### **Physical Activity Resources:**

Physical Activity Alliance Resources, <https://drive.google.com/file/d/1AmSL7y-zi36J9pRiJkxd4gf6libSachG/view>

Numerous suggestions and resources for ways to remain physically active.

TrainHeroic, <https://www.trainheroic.com/>

A resource for strength and conditioning coaches or any coach looking for help in designing workouts for their athletes.



Planet Fitness, <https://www.planetfitness.com/>

YMCA 360, <https://ymca360.org/>

### **Sports Nutrition Resources**

Nutrition adjustments to consider during COVID-19,

<https://www.youtube.com/watch?v=GHiWP8OYAWM&feature=youtu.be>

Lizzie Kasparek, RD, CSSD, LN with Sanford Health; Follow @lizkasparekRD on Twitter

Top 8 Healthy Snacks for Teenagers, <https://www.superhealthykids.com/recipes/top-8-healthy-snacks-teenagers/>

Making Health and Nutrition a Priority During the Coronavirus Pandemic, <https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/>

### **Something Fun!**

Netflix Party, <https://www.netflixparty.com/>

A fun way to stay connected with friends and teammates.