



# Re-Framing Self-Care: A Personalized Self-Care Guide for Athletes and Performers



## A Mental Skills Workbook for Athletes & Performers



*Hi, I'm Demi Agai by -*  
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(BHP). Through BHP, I'm committed to  
embedding psychological skills training and  
mental wellness across athletic and artistic  
spaces.

*Let's build confidence, mental toughness, and resilience together!*



Thanks to pop culture and social media, self-care has been quite the trending topic.

It's been romanticized and portrayed as indulgent in nature. So athletes and performers have traditionally steered clear of these behaviors out of a commitment to the "hustle culture".

In this workbook, we're going to redefine self-care to cater to high-achieving athletes and performers. This re-frame will allow athletes and performers to approach self-care in a personalized and effective manner that can easily be incorporated into their training.



### The 2-Step Process of Self-Care:

1

The ability to **recognize** your physical, mental, and emotional needs

2

The ability to **respond** to said needs as necessary with various strategies.

Easier Said Than Done!



» For some, recognizing their needs is difficult.

Ex. Pushing beyond physical limits and getting injured or sick.

» Others can recognize their needs but have difficulty responding.

Ex. I'm in so much pain, but I can't sit out. I'll let my parents and coach down.

Which category do you tend to fall into? Is it more difficult for you to recognize, respond, or both?



A large white rounded rectangular box for writing a response.

Expectations via culture, team/social dynamics, family, and more can influence our ability to recognize and respond to our needs.

What are other's expectations of me? Think immediate coaches, teammates, parents, etc.



These expectations can lead to:



“Must-Do” Mentality



Burnout



People Pleasing



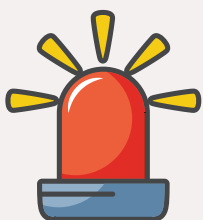
Perfectionism

& more...

What expectations do I hold for myself that have the potential to lead me into unhealthy patterns?



What are potential expectations that I internalize from society, culture or trends?



Expectations have the potential to control our behavior for the better or for the worse.

Stay aware of how those expectations are impacting your ability to respond to symptoms/signals from your body & brain.

In step 2, we focus on **responding** to our physical, mental/emotional, and social needs (not necessarily wants or desires). In each section below, list several self-care strategies that respond to a potential need/deficit.



**Hint:** These strategies should vary in length. Some should be no more than 5 minutes and some can be the entire evening or day.

SOCIAL

PHYSICAL

MENTAL/EMOTIONAL

Three large, empty rounded rectangular boxes for writing self-care strategies, corresponding to the categories above.

Use these various strategies when you need to integrate some self-care into your intense training. Remember, self-care can take as little as 5 minutes! As long as it replenishes your energy, it's doing its job.

### Follow the “Opposite Rule”

- » Feeling physically drained? Stimulate your mind with a phone call, book or podcast.
- » Feeling mentally exhausted? Move your body! Take a walk, workout, etc.



## Did you find this helpful?

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Performers on the Rise Podcast



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